



## The Fifty-two Sunday Dinners



THE Woman's World Book of Fifty-two Sunday Dinners is a collection of fifty-two choice menus—one for each Sunday of the year—balanced as to nutritive qualities and conforming to all the requirements of economy, seasonability and taste.

The menus as well as the more than three hundred and fifty recipes that comprise them, and which also are contained in the book, were selected from among the choicest dinners of practical housekeepers in every section of the United States—and each menu and every recipe has been scientifically tested and checked by Lillian Dynevor Rice, the well-known dietitian, in her laboratories at Forest Hills, N. Y.

For convenience, the menus are arranged according to the month for which they are most appropriate and during which the ingredients used may be obtained at

the lowest possible cost. The measurements are level and the recipes guaranteed to come out right. Unless otherwise stated, the meals are planned for a family of six.

At a time when people are giving more and more consideration to the nutritive qualities of the food that they eat, we believe the publication of so complete and authoritative a book on the subject of diet will fill a longfelt want—and with the other books in the series, The Candy Calendar, The Cookery Calendar, The Book of Cakes and Desserts and The Book of Salads and Sandwiches—all published by Woman's World, the Magazine of the Middle West, at 107 S. Clinton St., Chicago, will constitute a library on culinary science that every thoughtful wife and mother should have in her possession.

*Margaret H. Manning*  
Publisher Woman's World

*All Measurements Are Level*

## Sunday Dinners for All the Year

### January

Here are four good dinners to start the New Year right.

### February

Several soups of excellence appear in this month's menus.

### March

Five delicious salads are among the good things for this first spring month.

### April

Now come spring lamb and mint sauce, rhubarb, asparagus and strawberries.

### May

Spring fruits and vegetables help to lighten the meat bill this month.

### June

The weather is growing warm, and cool foods are now in order.

### July

Cook the midsummer dinners all or in part on Saturday for Sunday serving.

### August

Simple foods, well prepared and daintily served tempt heat-wilted appetites.

### September

The cool weather of early autumn awakens interest in hearty Sunday dinners.

### October

Well cooked meat and spicy new pickles make a tasty combination for October dinners.

### November

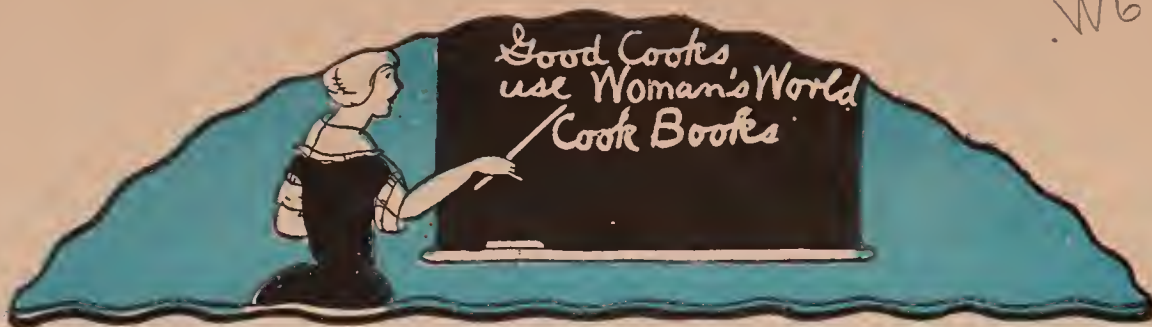
This is the month for pies and puddings, but the salad course is not forgotten.

### December

The four menus for this month are filled with holiday good things.

WOMAN'S WORLD BOOK OF SUNDAY DINNERS

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## *Making the Sunday Dinner the Happiest Meal of the Week*



**SUNDAY** dinner should not, of course, be made the occasion for the family to overeat itself into Monday headaches and irritation, nor for the hostess and her assistants to be given extra work and worry, but with planning it can become such a pleasant event that the household anticipates it eagerly, and guests feel glad and honored to be invited to it. Special dishes may be reserved for it, and the prettiest napery, china and glass brought out to beautify the table, with flowers or a little greenery to aid.

### **Menus Within Reach of Every Purse**

The fifty-two menus which form this book are ones that busy women all over the country planned to please their families, and to render light the labor on the day of rest. These women are housewives of average income, with average materials and conveniences on hand, and many of them send or take the children to Sunday school before getting the dinner; or, even after starting the meal, go to church themselves and complete the work on their return. Certainly they set a shining example to other women, especially the young and inexperienced, and the wholesome and delicious dishes for which they give recipes can be successfully tried without fear of failure, they having cooked long enough to know whereof they speak. Now and then an extra-elaborate menu is given because sometimes special guests require special honoring, but not one is beyond the capacity of the average housewife, and while it has been endeavored to cover every course in cookery, dishes may be omitted, or others substituted, giving endless variety, so that not only fifty-two, but three hundred and sixty-five or more dinners may be planned. It will be noted that the menus aim at a mixed diet, which is the ideal one for health, and that extravagant use of butter, eggs and other expensive ingredients has been avoided.

With but one or two exceptions, the menus are for simple informal dinners,

and much of the material may be prepared wholly or in part on Saturday. If necessary, services of a maid may be dispensed with, for the hostess serves the soup, the host the roast, and the vegetables may be served from a side table. A tea wagon, even a home-made one, is such a wonderful convenience that the housewife who does not possess one should own one as soon as possible. The dishes from one course may be neatly stacked on its lower shelf, and it can be wheeled away and brought back with the next course, much more conveniently than can be done with trays.

### **Suggestions on Setting the Table**

For serving dinner without a maid the table should be set either immediately after breakfast or after the dinner is under way. If there are only four in the family two runners or table scarves may be used instead of a cloth, with a pretty flower or fern centerpiece where they cross at the center. As the hot plates will mar the table unless it is protected, slip an asbestos plate-pad under the runner ends at the places, and if the vegetables and roast are to be put on the table for service have other pads to go beneath these hot dishes, each pad having a removable white linen cover. If there are more than four at table the cloth should be spread very smoothly over a table pad, although in hot weather many housewives use the pretty washable leather sets instead. In any case put a plate at each place, with the soup spoon and knife at the right, the spoon coming first; and the fork for the meat and the smaller one for the salad at the left, the meat fork at the outside. The water glass is placed at the right above the knife, and the bread-and-butter plate at the left, with the butter spreader laid across it. The napkin folded in a square or oblong, is placed at the left below the bread-and-butter plate. Small glass or china dishes of olives, salted nuts or pickles may be placed at the corners of the table, also small salt and pepper cruets. Thinly sliced brown and white or graham and white bread should be arranged in two neat piles

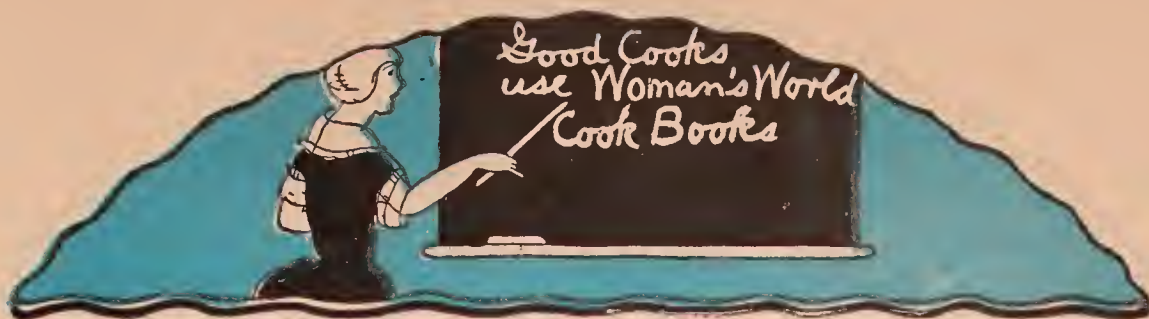
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on the napkin-covered bread-plate on the tea wagon or sideboard. Sometimes a dinner roll is put on the bread-and-butter plate or a thick oblong of bread with the crust trimmed off, also a square of butter. Put on the butter just before serving the relish or the soup so it will not soften. If toasted crackers are served with the soup bring them in on a hot plate on a napkin, with the soup. If a relish, such as fruit or shell-fish cocktail or halved grapefruit is served, instead of soup, it can be at the places when the guests sit down, also the water glasses should be filled just before the dinner is served. Extra water should be on the sideboard in a glass pitcher, in warm weather cracked ice should be in each glass.

#### From Soup to Salad

When all are seated the soup plates may be filled in the kitchen and brought in on the tea wagon, or the hostess may serve from a tureen, with a pile of soup plates in front of her. She passes the first plate to the one on her right, who passes it on until the one at the right of the host is reached, who retains the plate. The hostess then passes another plate until all on that side of the table are served, then does the same on her left, only the first plate is passed on to the host. A more convenient way is to have the soup at the places the same as the fruit relish before the guests sit down, then there are only the croutons or toasted crackers to be passed. Double-handled cups are much

used now instead of soup plates. A set is not expensive, and looks very pretty.

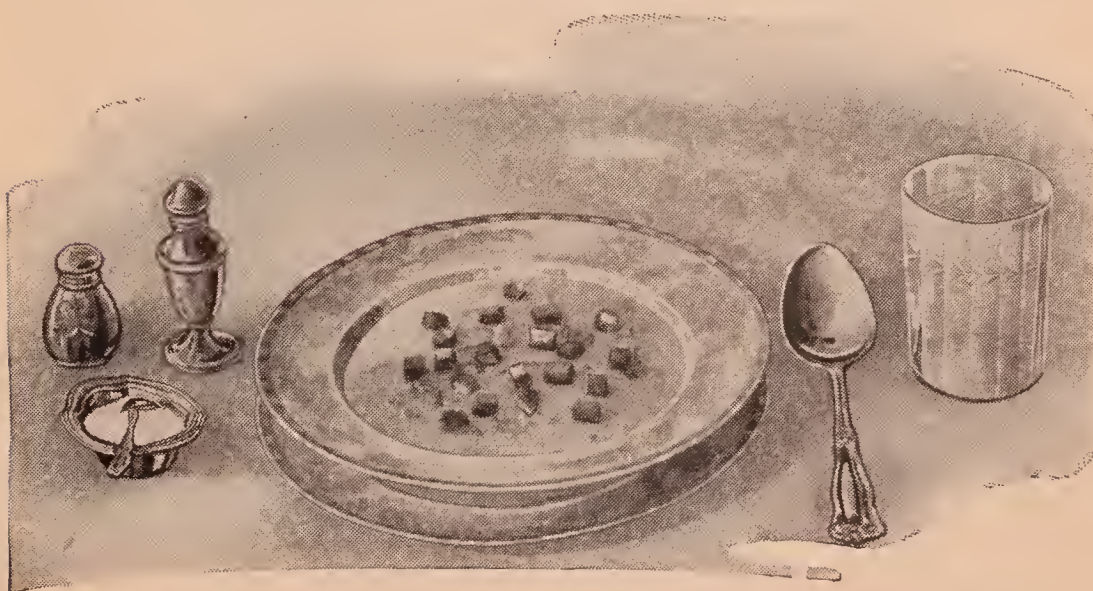
When the soup is finished, the plates are removed on the tea wagon and the roast and vegetables brought in. Sometimes the roast is carved in the kitchen and the platter passed for each to help himself, or again the hostess puts a portion on each plate in the kitchen and brings all in on the tea wagon. The pleasantest way, however, is to have the main dish before the host or hostess, and the pile of plates, warmed in cold weather; then the vegetables may be served from the sideboard or tea wagon.

After the main dish and the vegetable course is finished, the plates are removed, then the salad brought in. If in a large salad bowl it is put before the host or hostess, who helps to it, or else it is arranged on individual plates in the pantry and brought in when the meat plates are carried out. Sometimes when there are only one or two vegetables the salad is served with the meat course.

#### Serving the Dessert

When the salad course is removed everything on the table but the centerpiece is taken away too, and the surface brushed free from crumbs, a folded napkin doing the brushing with a small plate for a receiver. Of course if one has the silver crumbing brush and pan they can be used, but the napkin and plate do service in many homes of high standing. The des-

#### *Cream of Potato Soup*



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sert may be served by the hostess if the coffee is poured in the kitchen and brought in on the tea wagon, or if the coffee is poured at the table by the hostess the dessert is served by the host or some other member of the family. To make a separate course of the coffee means unnecessary trouble when there is no maid, but it is a pretty and pleasant custom in many households to serve the coffee after the dessert in the living room, or if it is summer, out on the porch. And in connection with the dessert it may be said that it is perfectly correct for it to be put on individual plates in the pantry or kitchen and brought in. The main thing about serving at the table is that often a dish, either salad, roast or dessert, is so attractive in appearance, that it is a pity to break it up into individual portions before it is displayed entire.

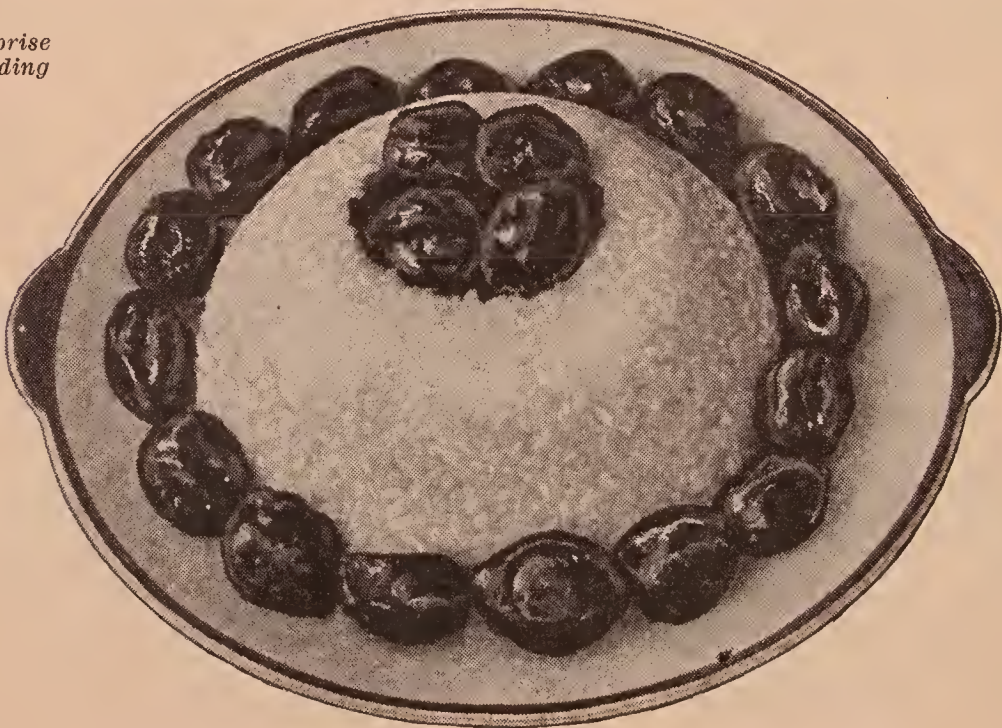
Even quite small children, boys as well as girls, can do much to assist in serving dinner, but each should have his or her special duty and attend only to that, whether it be to remove the plates after the courses, or to keep the water glasses and the bread plate replenished. If the mother has required this simple service during home dinners, there will be no awkwardness or hesitation in rendering it when guests are present.

A form of service recently installed in

tea rooms and restaurants can be utilized for the home. It is called the plate dinner service, and for it a portion of the main dish, meat, poultry, fish or whatever it is, is put on a large service plate, then the different vegetables arranged in neat piles at the side. With this service is brought in the salad on a separate plate. In this way if the grapefruit or soup is already at the places, and the plates removed when the plate service and salad are brought in, there will be really only two times when the hostess need leave her place: when she removes the soup plates and brings in the main course and salad, and when she removes this course and brings in the dessert and coffee.

When the weather is warm the simpler the dinner the better, and many menus of this kind will be found for the hot months. Cold roasts are quite as flavorful as hot ones, either winter or summer, and soups are even better made the day before and reheated when wanted, also there are so many delicious desserts that almost make themselves, that dinner preparation is not the lengthy and tiresome task it used to be. Then too, the hostess may make the plainest meal savory by bringing to it the seasoning of cheerful hospitality, without which a banquet would be flavorless and uninviting.

*Surprise  
Pudding*



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## Follow Your Time Table

### *Schedule for Roasting, Boiling, Frying Every Conceivable Dish*

**H**AVE the oven hot before putting the food to be roasted or baked, then reckon from the time of putting in. If a self-basting roaster is used for meat no basting is necessary, otherwise baste every 20 minutes.

#### **Roasting**

Bake apples 30 to 40 minutes. White potatoes require 40 to 60 minutes. Sweet potatoes require 30 to 40 minutes.

Bake fish, 4 lbs. or over, from 60 to 70 minutes. Bake small fish or fillets of fish 20 to 30 minutes.

To roast beef rare requires 15 minutes to the lb.; roast beef medium 25 minutes to the lb. Roast lamb, which should always be well done, requires 20 minutes to the lb.; roast mutton, which may be rare or medium, 25 minutes to the lb. Cook slowly.

Roast chicken, young, requires 18 minutes to the lb.; roast year-old chicken 20 minutes to the lb. Do not roast any fowl more than a year old; instead smother, boil, fricassee, or make into a pie. Roast turkey requires 20 minutes to the lb.; roast goose 20 minutes to the lb.; roast duck 1 hour. Roast pork requires 22 minutes to the lb.; roast veal, which like lamb must always be well done, 22 minutes to the lb.

Bake pies 25 to 35 minutes. Bake layer cake 15 to 20 minutes. Bake loaf cake 45 to 60 minutes. Bake sheet cake such as sponge or ginger cake, 30 minutes. Bake cookies and little cup cakes 6 to 10 minutes. Bake biscuits and rolls 15 to 20 minutes. Bake muffins 20 minutes. Bake bread 40 to 60 minutes.

#### **Boiling**

Boil fish 12 minutes to the lb. Boil lobster 20 minutes to the lb. Boil fresh beef 3 hours very slowly after boiling point is reached. Boil corned beef and corned tongue 3 to 4 hours, change water once. Soak over night and cook very slowly. Boil fowl 30 minutes to the lb. Boil ham 25 minutes to the lb. Boil mutton 25 minutes to the lb.

Boil old beets 2 hours for small size, 3 to 4 hours for large. Boil young

beets 45 minutes. Boil asparagus 30 to 40 minutes. Tie in bunches after scraping, washing and trimming. Use tape for tying, and when boiled each bunch can be lifted out quickly and neatly. Boil cabbage 20 minutes. Boil brussels sprouts 20 minutes. Boil cauliflower 25 minutes. Boil young lima or string beans 40 minutes. Boil older beans 1 hour. Boil young corn 10 minutes. Boil onions 1 hour. Boil young peas 30 minutes. Boil potatoes, white or sweet, 30 to 40 minutes. Steam squash 1 hour.

Boil young turnips 1 hour. Boil winter turnips or carrots  $1\frac{1}{2}$  to 2 hours. Boil young carrots 40 minutes. Cook pumpkin as a vegetable or for pies 40 minutes. Boil parsnips or oyster plant 45 to 60 minutes.

#### **Broiling and Frying**

Broil sliced bacon or sliced ham 4 minutes. Fry bacon until brown, put on sieve to drain off grease. Fry ham slowly until fat is well browned, turn and fry other side. If very salty soak before frying, or cover with cold water, bring to boil, drain, pat dry on towel and fry. Broil or fry young chicken 20 minutes, slowly. Broil mutton chops 6 minutes for rare. Broil steak cut thick 8 minutes, turn and broil other side 8 minutes. Fry veal or pork chops 12 to 15 minutes, slowly. Broil lamb chops 10 to 15 minutes until done through. Fry breaded chops or cutlets 10 to 15 minutes, slowly. They should be a rich brown on both sides.

Broil fish, split, 18 to 20 minutes, baste frequently with melted fat to which lemon juice, pepper and salt are added. Broil whole small fish as smelts, mackerel, trout etc. 10 to 12 minutes. Fry fish, cut in slices or fillets, 5 to 10 minutes. Fry whole small fish 5 to 7 minutes. Fry calf's liver 6 to 10 minutes. Parboil beef liver, drain, pat dry, dredge with flour and fry 10 minutes. Fry fritters 3 to 5 minutes. Fry potatoes, raw, 8 to 10 minutes.





# January

## First Sunday Dinner Menu

BROWNED POTATOES

EVAPORATED PEACHES

STUFFED STEAK

FRUIT SALAD

PLUM PUDDING WITH SAUCE, OR LEMON PIE

COFFEE

CREAMED CAULIFLOWER

BEATEN BISCUIT

### Stuffed Steak

**T**WO pounds round steak, 2 cups bread crumbs, 2 small onions, pinch sage, salt, pepper,  $\frac{1}{4}$  teaspoon soda, 1 egg, 2 tablespoons shortening, beef drippings preferred. Enough hot water to moisten. Mix crumbs, minced onions, seasonings, soda, and spread on the steak which should be flattened and seasoned. Roll up and tie; skewer the ends to keep stuffing in. Flour steak. Melt drippings in baking pan, put in steak and turn until it is browned on all sides, then turn in a cup of hot water, and bake slowly.

### Browned Potatoes

**S**ELECT medium size potatoes. Peel and boil in salted water until almost soft, then drain, put around steak and brown in oven. Add water to pan liquor if it boils away, and baste both steak and potatoes. When steak is done put on serving dish, surround with the potatoes, add a little flour and hot water to pan liquor for gravy and turn over steak.

### Creamed Cauliflower

**S**OAK cauliflower, head down, in slightly salted water for an hour before cooking, then rinse, and cook tender in boiling water. Make a cream dressing of 1 tablespoon butter,  $1\frac{1}{2}$  tablespoons flour and 1 cup milk. Season to taste with salt and white pepper. Drain cauliflower and turn over it the sauce.

### Evaporated Peaches

**S**OAK after washing well in several waters, for all night. Cook tender in same water, just enough to cover. When nearly done sweeten to taste. Serve cold as a relish.

### Beaten Biscuit

**O**NE quart flour, 2 teaspoons sugar, 1 teaspoon each salt and baking powder,  $\frac{3}{4}$  cup lard or vegetable shortening.

Make into stiff dough with ice water and milk, half and half. Work on kneader or beat with mallet until smooth and glossy. Roll out, cut, prick with fork and bake slowly.

### Fruit Salad

**O**NE pint can white cherries, pitted, pint can pineapple, pint whipped cream, pint mayonnaise,  $\frac{1}{4}$  lb. blanched almonds. Heat 1 cup juice,  $\frac{1}{2}$  each pineapple and cherry. Stir 1 tablespoon gelatine in  $\frac{1}{2}$  cup cold mixed fruit juice, add boiling juice and set aside to cool. Cut up fruit and nuts, and when juice is cool pour over the two mixed, and set aside until jelly begins to set, stir in the mayonnaise, then the whipped cream. Turn into mold and let harden. Serve on lettuce leaves. Half this amount will make sufficient for six people.

### Cheap Plum Pudding

**F**OUR cups bread crumbs ground fine, 2 cups New Orleans molasses, 2 cups buttermilk,  $1\frac{1}{2}$  cups beef suet chopped very fine, 2 cups apples chopped very fine, 2 cups walnuts, 1 cup jam or cherry preserve, 1 package stoned dates, 1 lb. seedless raisins, 1 teaspoon salt, 1 teaspoon baking powder, 1 teaspoon soda, 2 teaspoons cinnamon, 1 teaspoon cloves, 1 teaspoon mace and 1 nutmeg grated. Mix all, and steam for  $2\frac{1}{2}$  hours in baking powder cans, leave room for swelling. Serve with hard sauce, liquid sauce or cream sauce.

### Lemon Pie

**O**NE and  $\frac{1}{4}$  cups sugar, pinch salt, grated rind and juice of 1 lemon, 3 egg yolks, 1 teaspoon butter,  $\frac{1}{2}$  cup flour, 1 cup boiling water. Mix flour, sugar and salt, add boiling water, stirring constantly. Cook until mixture thickens, then add butter, egg yolks and lemon juice. Turn into baked pie crust and cover with a meringue made of the egg whites beaten with tablespoon powdered sugar.

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## Second Sunday Dinner Menu

CLAM BROTH  
TOASTED CRACKERS  
CARROTS AND PEAS  
BAKED HAM  
NUT BREAD  
GRAPEFRUIT SALAD, STUFFED CELERY  
CAMEL CUSTARD  
FANCY SWEET CRACKERS  
COFFEE

### Clam Broth

**H**EAT in double boiler 6 cups milk to the boil. Add a can of the best quality minced clams, or 1 cup chopped fresh clams, salt, pepper and tablespoon butter. Simmer 5 minutes and serve with the crackers, set in oven until lightly browned.

### Baked Ham

**S**OAK ham over night in plenty of water after scrubbing well and rinsing. In the morning change the water and boil until tender, allowing 25 minutes for each pound. Take from fire, let stand in the liquor until cold, then peel, stick cloves over it, and roll in cracker or fine bread crumbs. Half an hour before serving bake in hot oven.

### Stuffed Celery

**M**ASH  $\frac{1}{2}$  cup cream cheese with  $\frac{1}{2}$  cup red pimientos. Use this mixture to stuff 6-inch pieces of celery and pile log cabin fashion on small serving plate.

### Carrots and Peas

**C**UT carrots after scraping and rinsing, into  $\frac{1}{2}$ -inch cubes. Boil until tender. Mix with a can of small peas, seasoning with salt, pepper and butter. Make a border around ham on a large platter.

### Nut Bread

**S**IFT together twice 2 cups graham flour, 1 cup sugar, 4 teaspoons baking powder, 1 teaspoon salt. Add 2 cups milk, 1 cup walnut meats, 1 egg beaten until light. Let rise 20 minutes. Bake in 2 small loaves.

### Grapefruit Salad

**R**EMOVE the pulp from 1 large or 2 small grapefruit. Cut the meat from 10 green olives, and chop. Mix with the grapefruit pulp and serve on lettuce leaves with boiled dressing.

### Boiled Dressing

**P**UT in double boiler 2 tablespoons butter, 1 tablespoon flour, 2 teaspoons sugar, 2 beaten eggs, 1 teaspoon dry mus-

tard,  $\frac{2}{3}$  teaspoon salt,  $\frac{1}{3}$  teaspoon pepper. Cook until mixture thickens, then add 1 cup vinegar and continue cooking 3 minutes longer. Chill, and when ready to serve, thin with plain or whipped cream to suit the taste.

### Caramel Custard

**C**OOK in the double boiler 1 quart milk, 4 beaten eggs, 1 cup sugar caramelized, and a pinch of salt, until thick. Add a teaspoon of vanilla and chill.

### To Caramelize Sugar

**S**TIR in iron skillet over fire until sugar dissolves and becomes a syrup of rich caramel color, add 3 tablespoons water and cook to a thick syrup. This has a fine flavor all its own.

### Fried Cauliflower

**B**OIL well washed cauliflower for 15 minutes, or until about half done, in slightly salted water. Drain, cool and break into small branches. Make a batter of 2 tablespoons flour, beaten with the yolks of 2 eggs and  $\frac{1}{4}$  teaspoon salt. Add water enough to make of the usual thickness of batter. Beat egg whites very stiff and add. Put cauliflower branches on skimmer, dip in the batter, then fry light brown in deep fat. Lift from fat and put in colander to drain. Dust with salt, and serve hot. This is a good way to dispose of cold boiled cauliflower.

### Potatoes with Cheese

**T**HIS is also called Potatoes au Gratin. The potatoes are washed, pared and cut in either thin slices or cubes. If in cubes cook for 5 minutes in salted water and drain. Put in layers in buttered baking dish with 2 tablespoons grated cheese, salt, pepper and a few dots of butter between each layer. Thicken a cup of milk with butter and flour as for Creamed Salsify and turn over potatoes, add enough more if needed to fill dish. Sprinkle top with grated cheese, salt and pepper, and bake until brown and the potatoes are tender.





## Third Sunday Dinner Menu

CHICKEN PIE  
TEA ROLLS

MASHED POTATOES

MASHED TURNIPS

FRUIT SALAD

CUCUMBER PICKLES

STRAWBERRY JELL

CHERRY PIE  
COFFEE

### Chicken Pie

**B**OIL a fat fowl until tender, strain off most of the gravy, chill and use the fat for making the crust of the pie. Put chicken, which should be cut in pieces for serving, in baking pan, thicken some of the gravy and fill dish, then cover with a rich biscuit dough and pour the rest of the gravy over it. Bake in medium oven until brown.

### Tea Rolls

**A**DD 1 beaten egg, 2 tablespoons sugar, 1 tablespoon lard or vegetable shortening to 2 cups bread sponge. Make in either round or Parker House shape.

### Cucumber Pickles

(Recipe on page 64)

### Fruit Salad with Strawberry Jell

**A**RRANGE attractively in mold sliced pineapple, bananas, oranges and chopped walnuts. Turn over all the strawberry gelatine dissolved in boiling water and sweetened to taste; when firm serve with whipped cream.

### Mashed Potatoes

**H**EAT the milk or cream before adding to potatoes, then beat well until very light.

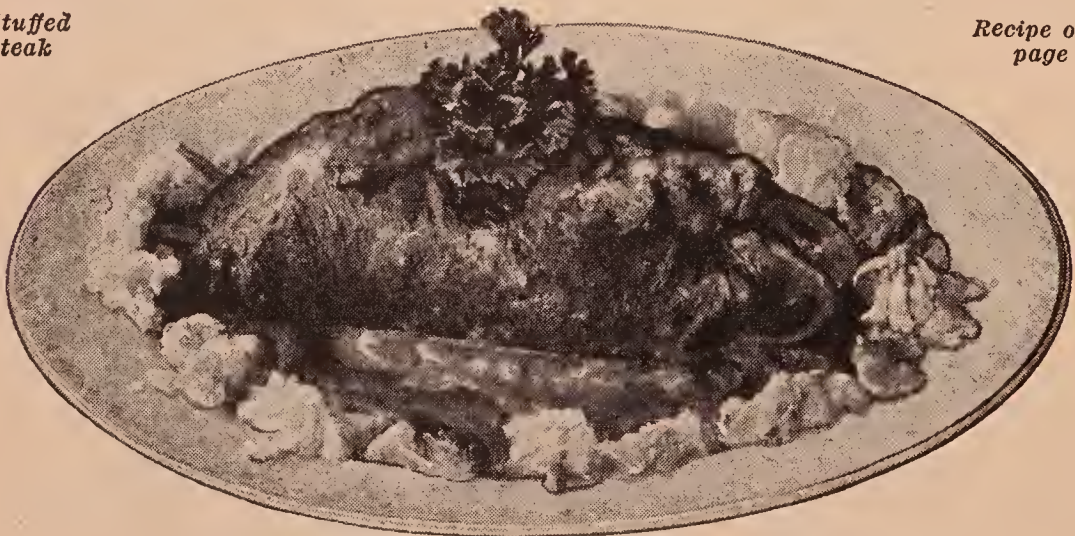
### Mashed Turnips

**P**EEL and slice turnips, cook with very little water until tender. Drain, season with salt, pepper and butter.

### Cherry Pie

**L**INE pieplate with any preferred crust. Brush over bottom with white of egg to keep fruit juice from making the dough soggy. Fill with  $2\frac{1}{2}$  cups stoned canned cherries, sprinkle with  $\frac{1}{2}$  cup sugar,  $2\frac{1}{2}$  tablespoons flour and dot with a teaspoon butter broken in small bits. Cover with pie paste, cut slits in this, and wet edges to keep together when pressed firm. Very carefully put a tablespoon of the juice from the cherries, which should be drained, through the slits on top, and bake for 25 minutes or until crust is well browned. If a glass pieplate is used, bake until the bottom crust shows brown through the glass.

Stuffed  
Steak



Recipe on  
page 6





## Fourth Sunday Dinner Menu

TOMATO BISQUE  
CROUTONS  
SWISS STEAK WITH SAUCE

MASHED POTATOES

HOT ROLLS AND BUTTER  
WALDORF SALAD

BAVARIAN CREAM

COFFEE

CREAMED PEAS  
LADY FINGERS

### Tomato Bisque

**H**ALF cup tomatoes, 1 quart milk,  $\frac{1}{8}$  teaspoon soda, 1 slice onion, 3 tablespoons butter, 3 tablespoons flour, teaspoon salt,  $\frac{1}{2}$  teaspoon pepper, and  $\frac{1}{2}$  teaspoon sugar. Bring milk to scald in double boiler with the slice of onion. Remove onion and thicken milk with the flour blended with the melted butter. If fresh tomatoes are used, scald, remove skins, cut in pieces and cook 15 minutes, adding soda, then rub through strainer and season.

### Croutons

**B**UTTER lightly slices of stale bread, cut in small squares and spread on pie plate in moderate oven. Toast to a golden brown.

### Swiss Steak

**H**AVE round steak cut about an inch and a half thick. Pound with the meat cleaver or with the edge of a plate until the fibers are thoroughly broken, and pound in flour generously at the same time. Season with salt and pepper. Melt  $1\frac{1}{2}$  tablespoons beef drippings or other fat in iron frying pan. Add 2 or 3 slices of onion and heat until fat is smoking hot. Take out the onion and put in the steak, and cook until a light brown crust forms on one side, then turn and do the same with the other side. Cover with half water, half milk. Cover pan and cook slowly until steak is very tender. This will take from an hour to an hour and a half. Put in oven on hot platter, if pan gravy is not sufficiently thick add a little butter and flour, and pour over the steak.

### Mashed Potatoes

**P**ARE potatoes and cover well with salted water. Cover saucepan and cook until they can be easily pierced with a fork. Drain, then mash in the same saucepan which will be hot, with salt, pepper, butter and hot milk sufficient to enable one to beat until very light.

### Creamed Peas

**T**URN the contents of a can of peas, juice and all, into double boiler. Heat to the scald, season with butter, pepper, salt, and if liked a teaspoon sugar. Thicken with a teaspoon flour blended with a teaspoon of butter.

### Hot Rolls

**S**CALD 2 cups milk, add to it while hot  $\frac{1}{3}$  cup lard or vegetable shortening, teaspoon salt and 2 tablespoons sugar. Dissolve in  $\frac{1}{4}$  cup lukewarm water a crumpled yeast cake. When the milk mixture is cool add the yeast water, and stir in 2 cups flour. Cover and let rise until double in bulk. Add enough flour to make a soft dough that can be handled. Knead well and let rise again. Cut down with a knife, roll out on floured bread board to  $\frac{1}{2}$  inch thickness. Cut out with round cutter, brush with soft butter. Press with the floured handle of a wooden spoon almost dividing the round, then fold one half over the other, place in baking pan, let rise until light, brush with milk and bake in hot oven for about 12 minutes.

### Waldorf Salad

**S**ELECT large red apples of uniform size. Wash and polish. Cut off one end and hollow out. Cut edges into points. Mix apple meat cut in small cubes with an equal amount of chopped celery and nut meats, sprinkle with a little lemon juice. Mix with mayonnaise, return to apple cups and place each on a lettuce leaf.

### Bavarian Cream

**S**OAK heaping tablespoon gelatine in  $\frac{1}{4}$  cup cold water for 5 minutes and dissolve in a cup of milk brought to the scald with  $\frac{1}{3}$  cup sugar. Set bowl containing mixture in a pan of ice water and stir until it thickens. Add 1 pint heavy cream which has been whipped stiff, and 1 teaspoon of vanilla extract. Line sherbet glasses with split lady fingers, placing them about  $\frac{1}{2}$  inch apart. Fill with the Bavarian cream and chill. Garnish with Maraschino cherries.



# February

## Fifth Sunday Dinner Menu

CREAM OF PEA SOUP  
TOASTED CRACKERS  
COLD ROAST LEG OF LAMB WITH HEATED GRAVY  
MASHED POTATOES MASHED YELLOW TURNIPS  
TOMATO SAUCE  
CELERY CUCUMBER PICKLES  
APPLE TAPIOCA PUDDING WITH WHIPPED CREAM  
COFFEE

### Cream of Pea Soup

**R**INSE a can of peas with cold water and keep out  $\frac{1}{4}$  cup. Simmer the remainder of the can with a slice of onion, small bay leaf, a little parsley, teaspoon sugar, 1 teaspoon salt,  $\frac{1}{8}$  teaspoon white pepper, 2 cups boiling water for 20 minutes, then put through strainer, mashing through as much of the pulp as possible. Bring a pint of milk to scald in double boiler, thicken with tablespoon butter blended with  $1\frac{1}{2}$  tablespoons flour, and when the milk is creamy add the peas etc. Stir well, and just before serving add the whole peas. The Croutons mentioned in Fourth Dinner are very nice to serve with this soup.

### Cold Roast Leg of Lamb

**R**OAST thoroughly the day before, allowing 25 minutes to the lb. Drain off all the juice and mix it with the made gravy, which heat hot at serving time. If cold meat is not cared for set the lamb in the oven covered for 20 minutes. Or use double roaster. Mashed potato and mashed turnip as in Third Dinner.

### Tomato Sauce

**H**EAT canned tomatoes scalding hot, seasoning with a little sugar, pepper and salt, adding if liked a few whole cloves and allspice. This makes a delicious hot sauce for lamb.

### Apple Tapioca Pudding with Whipped Cream

**P**ARE, core and quarter 3 or 4 tart apples, and put in a deep dish to bake. To a pint of milk allow 2 tablespoons tapioca that does not need soaking, and cook in double boiler until tapioca looks clear. Break 2 eggs into a bowl, add  $\frac{1}{2}$  cup sugar, a pinch of salt,

and beat until foamy, then add a teaspoon of lemon extract, and stir into the cooked tapioca. When apples are tender turn over them the tapioca mixture, and return to the oven for 20 minutes. Serve cold with the whipped cream, which may be slightly sweetened and flavored with  $\frac{1}{2}$  teaspoon vanilla extract.

### Additional Recipes

#### Pineapple Fruit Salad

**F**OR individual service put a ring of pineapple on a lettuce leaf, after dividing pineapple into small sections. On each section put a cube of pimento. In the center make a mound of the following mixture: Equal quantity of apple, celery, bananas, nuts and pineapple, diced and moistened with whipped cream or boiled dressing. Garnish top of mound with a candied cherry. Serve with salted wafers that have been crisped in the oven.

#### Beets Stuffed with Peas

**B**OTH vegetables may be prepared the day before then combined half an hour before serving. Cook beets of uniform size, skin and scoop out center. Drain peas, season with salt and pepper. Fill the beet cups, put a spoonful melted butter or substitute over each cup and heat hot in oven.

#### Escalloped Canned Corn

**B**UTTER baking dish, sprinkle in a thin layer cracker crumbs. Cover with a layer of canned corn, sprinkle with salt, pepper and another layer of crumbs. Dot crumbs with butter, and seasoning. Then more corn and finish with a layer of buttered crumbs. Turn in milk sufficient to almost fill dish, and bake until top is well browned in quick oven. This makes a delicious dish.





## Sixth Sunday Dinner Menu

ROAST PORK  
BROWNED POTATOES  
GRAVY  
CREAMED SQUASH  
CURRANT JELLY  
PINEAPPLE FRUIT SALAD  
SALTED WAFERS  
PUMPKIN PIE WITH WHIPPED CREAM  
COFFEE  
PARKER HOUSE ROLLS  
APPLE SAUCE

### Roast Pork

**P**ORK should be thoroughly done, and will require 30 minutes to the pound. Select a cut which is solid and not too fat, either the loin or the ribs, preferably the former. Place in roaster with just enough water to keep bottom from scorching. Sprinkle with salt, pepper and a little dusting of sage if the flavor is liked. Some cooks sprinkle top with minced onion. Cook with frequent basting for the requisite time.

### Browned Potatoes

**P**UT these in an hour before it is time to take out the pork. Turn them when basting so all sides will be browned alike. When putting in the potatoes add a little more hot water to the roasting pan.

### Brown Gravy

**M**IX 2 tablespoons flour with 2 of water to a smooth paste. When meat and potatoes are done arrange them on a hot serving platter, the potatoes surrounding the roast. Keep warm in oven. Pour off some of the fat in the roaster. Stir the flour paste into the remainder and cook until it begins to brown, then thin with hot water until gravy is of the desired consistency. It is an impossibility to make rich brown gravy if all the fat is left in the pan after the roast is cooked.

### Parker House Rolls

**T**HESE are made the same as the Hot Rolls in the Fourth Sunday Menu, and like them can be reheated from Saturday's baking.

### Creamed Squash

**C**UT a medium size squash in half, scrape out the seeds from one half, and if the family is small the second half will keep for several days in a cool, dry place. Bake without peeling the half that is used. When pulp is soft scoop

out and mash, adding salt, pepper and a generous piece of butter. Keep hot until ready to serve. Squash baked instead of boiled or steamed is dry and full of flavor, and does not require draining.

### Pineapple Fruit Salad (See recipe on page 10)

### Pumpkin Pie with Whipped Cream

**T**HE following amount will make pastry for 2 pies as pumpkin or squash pie never has a cover. While pumpkin is here given squash makes an almost equally good pie if these directions are followed, and if wished the remainder of the squash left from the vegetable course could be used. For the crust mix and sift 1 cup pastry flour with  $\frac{1}{4}$  teaspoon baking powder and  $\frac{1}{2}$  teaspoon salt, then cut into it with 2 knives,  $\frac{1}{4}$  cup any preferred shortening. Add just enough water to mix a stiff dough. It is now ready to roll, but if it be put on ice for a half hour it will be much more flaky and easier to work with. Roll out thin and line pie plates in the usual way, making a rim to hold in the pumpkin. For the filling use  $1\frac{1}{2}$  cups cooked and strained pumpkin. Mix this with 1 teaspoon each salt, cinnamon, 2-3 cup brown sugar,  $\frac{1}{2}$  teaspoon ground ginger, 2 slightly beaten eggs and  $1\frac{1}{2}$  cups milk. Mix well, and add finally a teaspoon orange juice. Fill crusts and bake for about 40 minutes. When a silver knife run in the center of the filling comes out clean the pie is done.

### Apple Sauce

**P**ARE, quarter and core 4 tart apples. Cut in small pieces and add 2 tablespoons water. Put over fire, cover and when the water begins to bubble, stir, and add  $\frac{1}{4}$  cup sugar. Beat almost continuously to prevent burning until apples are soft enough to beat fine. Add either  $\frac{1}{4}$  teaspoon cinnamon, or a little grated nutmeg, and serve either hot or cold with the roast.



## Seventh Sunday Dinner Menu

RICE AND TOMATO SOUP  
ROAST CHICKEN

CREAMED CARROTS

BAKED POTATOES

BROWN GRAVY  
TOMATO ASPIC SALAD

PINEAPPLE ICE

PRUNE CAKE

COFFEE

### Rice and Tomato Soup

FOR economy's sake it is always well to have a soup precede a poultry dinner, then less of the chicken or duck, whichever it is, will be eaten, leaving sufficient for a serving on the second day. For this soup simmer for a half hour 1 quart can of tomatoes,  $\frac{1}{2}$  a small onion, bit of bay leaf, 3 cloves, teaspoon salt,  $\frac{1}{4}$  teaspoon white pepper, teaspoon sugar and 2 cups boiling water. Then press through a sieve. This can be done on Saturday and the puree kept in the refrigerator. Have on hand  $\frac{1}{2}$  cup cooked rice. When ready to serve add to puree  $\frac{1}{8}$  teaspoon soda. Blend 2 tablespoons butter or substitute with 2 of flour, and cook until it begins to brown. Add a little of the puree to it, stir smooth, then put this with the rest of the hot soup and stir until smooth. Add the rice, stir until grains separate, sprinkle some minced parsley over the soup and serve.

### Pineapple Ice

BOIL together 2 cups sugar, 2 cups water for 5 minutes, counting from the time the sugar is dissolved. Add the juice of 2 lemons, and 2 oranges, with the pulp of the oranges freed from any white pith. Add a 2-lb. can of shredded pineapple and freeze. When about half frozen add the stiffly beaten whites of 2 eggs and finish freezing. If shredded pineapple is not on hand shred the sliced pineapple with 2 forks.

### Roast Chicken

WASH the chicken inside and out, first with salt water, then fresh, and rinse with a third water. Be careful to remove the oil bag, and every bit of the windpipe. Trim off ends of pinions, and pull out the pin feathers. The small ones buried under the skin will have to remain but will disappear in the roasting. Make a dressing of half a loaf of stale bread, trimming off the crust. Crumble it fine, add salt, pepper and finely powdered and sifted summer savory if liked. Some cooks also add a teaspoon

minced onion. Melt 3 tablespoons butter or substitute, add 3 tablespoons boiling water and stir with the dressing. Fill the body cavity with the dressing in which appear the larger crumbs, and sew up opening, or pin together with wooden or steel skewers. This is the easier method, the skewers can be readily pulled out before the chicken goes to table, and the butcher will supply them free. Use the fine crumbs for the breast. Truss the chicken in the usual fashion, rub all over with lard or any preferred shortening, put in pan with a cup of boiling water, and roast breast down first. Allow 20 minutes to the pound.

**Creamed Carrots, Baked Potatoes (See page 33) Tomato Aspic Salad (Recipe on page 64)**

### Prune Cake

SIFT together 3 cups flour,  $\frac{1}{4}$  teaspoon nutmeg, 2 teaspoons soda. Cream  $\frac{3}{4}$  cup butter or substitute and 2 cups sugar, and add the beaten yolks of 2 eggs, stir with this 2 cups prunes which have been cooked very soft and the seeds removed, add also the dry ingredients and mix well. Fold in the well beaten egg whites and bake in 4 layers in a moderate oven for about 15 minutes. When cold put together with white icing, and cover the top with the same.

### White Icing

BOIL 1 cup sugar with  $\frac{1}{3}$  cup boiling water to the soft ball. Beat dry and stiff the whites of 2 eggs, for a cake of this size, and turn over them the boiling syrup to which has been added  $\frac{1}{8}$  teaspoon cream of tartar. Beat hard until thick enough to spread without running. Flavor with a teaspoon of orange or vanilla extract.

### Cream Icing Without Eggs

SIFT  $1\frac{1}{4}$  cups confectioners sugar, and beat it with 2 tablespoons thick cream, flavor with either orange or vanilla extract and beat until thick enough to spread.





## Eighth Sunday Dinner Menu

CREAM OF CARROT SOUP  
 BREADED PORK CHOPS AND FRIED APPLES  
 BOILED POTATOES      PICKLES      CORN PUDDING  
 GERMAN COFFEE CAKE  
 COLD SLAW SALAD  
 COCOA WHIPPED CREAM DESSERT  
 COFFEE

### Cream of Carrot Soup

**T**O TWO cups of the water in which peeled carrots were boiled add 2 cups sweet milk. Heat to the scald in double boiler. Thicken with 2 tablespoons flour rubbed with 2 tablespoons butter, season with salt, white pepper, and if the flavor is liked about  $\frac{1}{4}$  teaspoon curry powder. Cut 1 carrot in dice and put in soup, and sprinkle it with finely chopped parsley.

### Breaded Pork Chops

**S**EASON the chops with salt, pepper and a little sage, if the flavor is liked. Dip them first in the yolk of an egg beaten with 2 tablespoons milk, then in fine cracker crumbs or bread crumbs, and fry in an iron skillet for 20 minutes, or until nicely browned on both sides. Do not cook quickly, for they want to be done thoroughly, all the way through. Put them on a hot dish in the oven, keeping the door partially open. Pour off the greater part of the fat in the skillet, and keep it to fry the apples. Stir 2 tablespoons flour into the remainder, and let it begin to brown, then turn in slowly  $1\frac{1}{2}$  cups either all milk or all water, or half milk, half water, stir until it is a creamy gravy. Season with pepper and salt, and serve in a gravy boat. Core but do not peel well-washed tart apples. Cut crosswise in slices about 2-3 inch thick. Dip lightly in flour, then fry brown on both sides in the pork fat.

### Corn Pudding

**B**EAT 2 eggs, first separately then with a cup of milk. Add the contents of a can of corn, season with salt, white pepper and a tablespoon butter. Some cooks add a teaspoon of sugar. Turn into a buttered baking dish and bake for half an hour in a moderate oven.

### German Coffee Cake

**C**RUMBLE a cake of yeast in  $\frac{1}{2}$  cup warm milk, add 1 tablespoon sugar. Add to the yeast liquid when it is light, which will be in an hour or less,  $1\frac{1}{2}$  cups sifted flour,  $\frac{1}{4}$  tablespoon salt and a cup

of milk. Let this grow light, which will take about an hour, then mix together  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sugar and an egg and add to dough, also  $\frac{1}{2}$  cup seeded or seedless raisins, and  $\frac{1}{2}$  cup citron, dredged with flour. Let dough rise to twice its original bulk. Knead into a roll, pinch ends together firmly after overlapping them, butter the top with soft butter, sprinkle with a mixture of cinnamon and sugar and bake slowly for about 40 minutes.

### Boiled Potatoes and Pickles

(See page 64)

### Cold Slaw Salad

**S**HRED white cabbage fine with sharp knife or slaw cutter. Soak in ice water until ready with the sauce. Bring to the scald  $\frac{1}{2}$  cup vinegar in the double boiler. Beat an egg with teaspoon sugar,  $\frac{1}{2}$  cup cream,  $\frac{1}{2}$  teaspoon salt. Turn over this the hot vinegar, then turn back into double boiler stirring quickly. Cook until it thickens, stir again. Drain cabbage, either stir the cabbage into the dressing, or turn the dressing over the cabbage, and chill before serving.

### Cocoa Whipped Cream Dessert

**T**HIS is often called Spanish or Cuban Cream. Cream  $\frac{1}{2}$  cup butter or substitute, then add 1 cup sugar and cream that. Add the well beaten yolks of 2 raw eggs. Sift  $1\frac{3}{4}$  cups flour with 3 teaspoons baking powder, a tablespoon cocoa powder and a teaspoon cinnamon. Add alternately with  $\frac{3}{4}$  cup milk. Bake in 2 greased layer-cake tins in a moderate oven for 35 minutes. Put together with Cocoa Whipped Cream. Cover the top also with the cream.

### Cocoa Whipped Cream

**M**IX 4 tablespoons cocoa powder with  $\frac{1}{3}$  cup powdered sugar, add a little boiling water to blend the 2 in a smooth paste. Add  $\frac{1}{2}$  teaspoon vanilla extract and a cup of thick cream and whip until stiff enough to spread.



# March

## Ninth Sunday Dinner Menu

CHICKEN NOODLE SOUP  
CELERY  
FRIED CHICKEN A LA HAZELTON  
BROWN GRAVY  
SWEET POTATO FLUFF  
OLIVE-NUT SALAD, WITH FRENCH DRESSING  
FLOATING ISLAND  
COFFEE  
GREEN PEAS

### Chicken Noodle Soup

**T**HE wings, neck and giblets of the chicken used for the main dish, supply the stock for this soup. Soak for 10 minutes in salted cold water, then drain, cover with 4 cups cold water, add a chopped stalk of celery, slice of onion and a few sprigs of parsley and let simmer for 2 hours. Strain and set aside. Do this on Saturday. When ready to serve skim off the fat, season with salt and white pepper after heating very hot, and put in as many home-made noodles or manufactured ones, as required. Cook only 10 minutes after noodles are put in.

### Home-Made Noodles

**B**EAT 1 egg with  $\frac{1}{2}$  teaspoon salt, and work into it as much flour as it will take up. Knead smooth, roll out on floured board to paper thinness. Throw a napkin over the dough and let stand 15 minutes in cool place. Then roll up like a sheet of music, and cut in shreds like cole slaw. Dust with a little flour to keep from sticking together.

### Fried Chicken a la Hazleton

**C**LEAN and disjoint a fowl. Use wings, neck and giblets as directed above. Roll the rest of the pieces in flour which has been mixed with pepper and salt. In an iron skillet put a tablespoon lard or vegetable shortening, and a tablespoon butter or substitute. When hot put in the floured chicken. Brown nicely all over, then if the skillet is deep enough continue to use that, otherwise transfer to saucepan, fill  $\frac{3}{4}$  full of hot water, cover and set where contents will simmer for 3 hours.

### Sweet-Potato Fluff

**B**OIL until soft enough to be easily pierced with a fork, small sweet potatoes, take off skins. Mash smooth

with butter, a little hot milk, a teaspoon of sugar, salt and pepper. Serve hot.

### Green Peas

**I**F FRESH Florida peas are used put in boiling water to cover, with teaspoon sugar. Cook from 20 to 40 minutes, depending upon size of peas. Turn off all the liquid but just enough to moisten. Keep liquid to use in soup. Season with salt, pepper and a little butter.

### Olive-Nut Salad

**M**IX an equal quantity of cream cheese with chopped olives, plain or stuffed, and roll into balls the size of hickory nuts. Roll each in chopped nut meats, English walnuts preferred, arrange 3 on a lettuce leaf for a portion, and serve with French dressing.

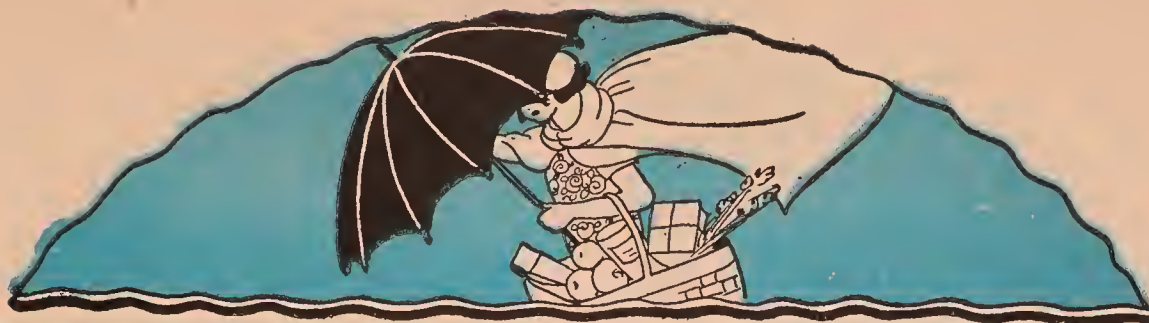
### French Dressing

**B**EAT together with a fork 3 table-spoons olive oil,  $\frac{1}{2}$  teaspoon salt, a very little paprika and  $\frac{1}{2}$  teaspoon sugar. When mixture thickens, add slowly 1 tablespoon cider vinegar.

### Floating Island

**B**RING a pint of milk to the scald in the double boiler. Separate the whites from the yolks of 2 raw eggs. Beat the whites very stiff and dry. Drop by spoonfuls on top of the hot milk. Let them cook there for a few seconds, then lift out with a skimmer, drain and set aside on a platter. Beat the yolks, then beat with them 2 tablespoons sugar, and turn over the mixture the hot milk very slowly with constant beating. Return mixture to double boiler, stir in a teaspoon of cornstarch wet to a paste with a little cold milk and boil until thick. Cool, and add preferred flavoring, about a teaspoonful, put in glass dish and heap the whites on top.





## Tenth Sunday Dinner Menu

WINTER FRUIT CUP  
PAN-BROILED STEAK WITH OYSTER SAUCE  
CREAMED POTATOES  
SPINACH  
SALTED PEANUTS  
FINGER ROLLS AND BUTTER  
APPLE-CELERY SALAD  
OLIVES  
PINEAPPLE DELIGHT  
COFFEE

### Winter Fruit Cup

**P**ARE 2 small tart apples, cut in cubes. Peel a firm banana and cut in same size pieces. Mix and add 2 oranges, peeled, seeded and each section cut in 3 pieces. Mix a teaspoon lemon juice, teaspoon orange juice and  $\frac{1}{4}$  cup powdered sugar, mix with fruit, and put in a covered can on ice to chill.

### Pan-Broiled Steak

**H**AVE an iron skillet piping hot. Put in a porter-house steak weighing 3 lbs. Turn back and forth rapidly while cooking to prevent juices from escaping. When done to suit the taste, 8 minutes will cook it very rare, 12 minutes medium, put on hot platter and pour over it the oyster sauce. Serve at once.

### Oyster Sauce

**H**EAT a cup of strained oyster liquor to the boiling point. Add tablespoon butter, salt and pepper to taste. Put in oysters and let them cook until plump.

### Apple and Celery Salad

**C**UT in small bits enough crisp celery that has been scraped and rinsed to make a cup. Put in ice water until ready to mix salad. It can stay in the water all night if in the refrigerator, and be all the crisper for so doing. Peel and cut 4 apples into small dice and put in cold water with a teaspoon of salt. When almost ready to serve, drain celery and apples, mix with a thick mayonnaise and serve very cold.

### Mayonnaise Dressing

**B**EAT a raw egg with  $\frac{1}{4}$  teaspoon dry mustard, and a little cayenne or paprika, also  $\frac{1}{2}$  teaspoon salt. Add very slowly with constant beating 1 cup salad oil. Beat until mixture is very thick. Keep it chilled, and when ready to serve beat in 2 tablespoons vinegar or lemon.

### Finger Rolls

**B**RING cup of milk to the scald, and melt in it a tablespoon butter or sub-

stitute. Let cool, and when luke warm add teaspoon sugar,  $\frac{1}{2}$  teaspoon salt, and  $\frac{1}{4}$  cup warm water in which has been dissolved  $\frac{1}{2}$  yeast cake. Stir in 3 cups flour. Knead with the spoon, and set in a warm place to rise for 3 hours. When light knead with the hands, working in a little more flour if necessary. Make into oblong roll. Cut in pieces the size of an egg. Roll these on the bread board into the usual shape of the finger roll, pointed at the ends. Be sure not to get them too large. Put side by side in a shallow pan and let rise until doubled in size. Brush tops with egg beaten with a tablespoon milk, and bake in a hot oven from 12 to 15 minutes.

### Creamed Potatoes

**S**TEAM 6 large potatoes after peeling and washing, until tender. Put in hot saucepan, mash fine, add 2 tablespoons butter and a cup of cream heated. Beat until very light, season with salt and white pepper and serve hot.

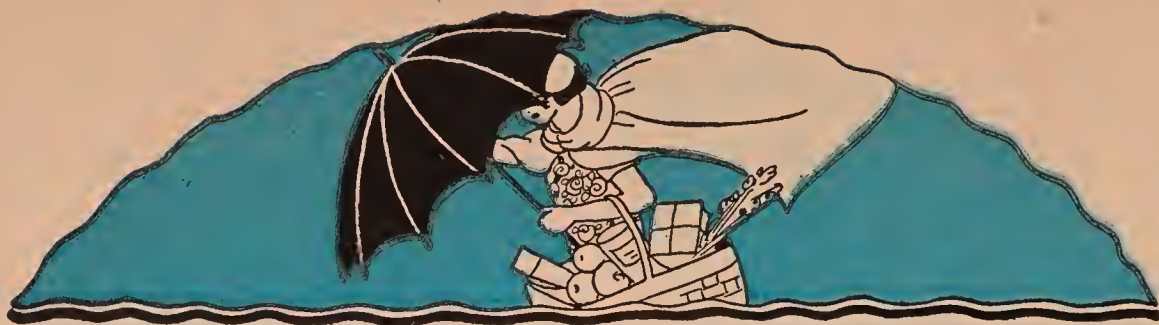
### Spinach (See page 17)

### Salted Peanuts

**S**HELL large raw peanuts, rub off the red inner skin. Put a tablespoon butter in pan, when melted add the peanuts and sprinkle with a teaspoon salt to a cup of shelled nuts. Stir them around, and bake in slow oven until just brownish. Stir often while baking.

### Pineapple Delight

**S**PLIT 3 dozen lady fingers. Put a layer in an attractive glass dish. Then put in a layer of shredded canned pineapple, drained of juice. Repeat layers until dish is full. Add the juice from a small bottle of Maraschino cherries. Set dish and contents in refrigerator to marinate and chill. Whip a cup of thick cream, and the cherries cut in quarters, and use as sauce when serving dessert.



## Eleventh Sunday Dinner Menu

DRIED SPLIT PEA SOUP  
ROAST DUCK  
APPLE AND HORSERADISH SAUCE  
BAKED SWEET POTATOES  
CREAMED PEAS  
LETTUCE SALAD WITH FRENCH CHEESE DRESSING  
PEACH CUSTARD PIE  
COFFEE

### Split Pea Soup

**W**ASH and pick over  $\frac{1}{2}$  lb. split peas, and soak over night. Cook with 4 cups water, pinch of soda, 2 tablespoons bacon cubes, 1 small onion sliced and a tiny pinch of summer savory. Cook slowly for about 3 hours, or until the peas are very soft. Press through a sieve, slightly thicken with a tablespoon butter or bacon fat rubbed with a tablespoon flour. Season with salt, pepper, and add a few drops of Worcestershire sauce to each helping. Serve with toasted crackers or croutons.

### Roast Duck

**W**ASH thoroughly and dry. Cut off the neck and the tips of the wings. After stuffing truss the same way as a chicken. For the stuffing crumble sufficient stale bread to make 6 cups. Trim off crusts before crumbing. Mix with this 3 tablespoons butter or substitute, 2 small onions, chopped and covered with boiling water for 5 minutes before draining and using. Season with 1 teaspoon each dried sage, sifted, pepper and salt. Do not pack the stuffing. Close the openings with skewers or by sewing. Put duck in baking pan with a  $\frac{1}{2}$  cup boiling water. Lay thin strips of fat salt pork or bacon across the breast. Roast from 60 to 90 minutes, and baste often with hot water to which is added salt, pepper and a little vinegar, about a teaspoon to a cup of water. Turn the duck so that it is equally browned on all sides. Make gravy the same as for Roast Pork, Sixth Sunday, or Roast Chicken, Seventh Sunday. Roast duck is even better cold than hot and may be so served. Or it can be stuffed the day previous and roasted on Sunday.

### Apple and Horseradish Sauce

**T**O a cup of thick, slightly sweetened apple sauce allow 1 tablespoon horseradish. Mix well. This makes a fine relish with rich dishes such as roast pork or roast duck. The amount of horse-

radish may be lessened if it is very strong.

### Baked Sweet Potatoes

**S**ELECT medium size potatoes of uniform size. Scrub well. Rub over with a little fat, then rub with a towel. This makes the skins tender so that they can be eaten as well as the inside. Bake for 30 minutes. Knead them in towel to make them mealy and send to the table broken open at one side to show yellow interior.

### Creamed Peas

As in Fourth Sunday.

### Lettuce Salad with French Cheese Dressing

**W**ASH head lettuce thoroughly. Break into pieces with the fingers, and put in napkin on ice to chill. When ready to serve grate over each portion Parmesan cheese, and sprinkle with French dressing, made of 2 tablespoons salad oil, dash of cayenne,  $\frac{1}{2}$  teaspoon or more of salt. Beat together, add drop by drop 1 tablespoon vinegar. Beat or put in closely stoppered jar and shake until creamy.

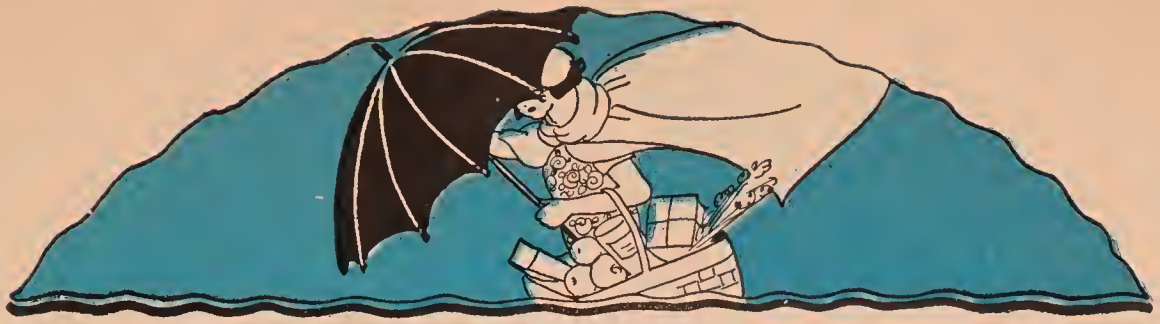
### Peach Custard Pie

**M**AKE a rich biscuit dough of 2 cups sifted flour, 2 heaping teaspoons baking powder, 2 heaping teaspoons lard, or use half cream and half milk to moisten and no lard. Roll to fit square pan, prick, and cover with the halves of canned peaches. Pour over this mixture 4 cups milk, 2 eggs,  $\frac{3}{4}$  cup sugar, nutmeg or vanilla to flavor. Beat thoroughly before turning over peaches. Bake for 20 minutes in quick oven.

### Coffee

**A**LLOW heaping teaspoon ground coffee per cup, and 1 extra teaspoon for the pot. Mix with  $\frac{1}{2}$  cup cold water. Add crushed egg shell from raw egg. Add as many cups boiling water as needed. Boil up, then turn in  $\frac{1}{4}$  cup cold water to settle and set on back of stove for 5 minutes before turning into cups.





## Twelfth Sunday Dinner Menu

ROAST BEEF  
BROWN GRAVY  
BROWNE D POTATOES  
COLE SLAW WITH NUTS  
BOSTON BROWN BREAD  
PRUNE WHIP WITH CUSTARD SAUCE  
COFFEE  
CREAMED ONIONS  
ORANGE MARMALADE

### Roast Beef

**R**UB the meat all over with a clean dish towel. Then dredge with flour that has been mixed with salt and pepper. Put in roaster with just enough beef suet to keep meat from sticking and brown quickly on both sides. This is done better on top of the stove. Put  $\frac{1}{2}$  cup boiling water in the roaster, cover closely and roast in a hot oven, decreasing the heat a little after the first half hour. Roast beef requires 15 minutes to the lb. Baste with pan gravy. If it dried out too much add more boiling water, but not more than  $\frac{1}{2}$  cup at a time.

### Creamed Onions

**S**ELECT medium size onions, skin and drop in salted boiling water. Boil until tender. That will be in about an hour. Drain, reserving  $\frac{1}{4}$  cup of the water. Add  $\frac{3}{4}$  cup milk to this and thicken with tablespoon butter rubbed with  $1\frac{1}{2}$  tablespoons flour. Season with white pepper.

### Browned Potatoes

**P**ARE and boil potatoes 15 minutes in salted water that is boiling when they are put in. Drain and put around beef to finish cooking. Do this when the meat is within half an hour of being ready. Baste with some of the pan gravy, and at the end of 15 minutes turn on the other side.

### Cold Slaw with Nuts

**R**EMOVE outer leaves from a small head of white cabbage. Use the winter cabbage, the new cabbage is too loose leaved. Cut out core and shred the rest very fine. Soak in cold water for an hour. Drain by putting in a net salad bag or piece of cheesecloth and shaking this until the shreds are dry, otherwise the moisture will dilute the dressing. When ready to serve cover with cream dressing, arrange on individual plates and sprinkle with chopped walnut meats.

### Cream Dressing

**B**EAT  $\frac{1}{2}$  cup thick cream until stiff. Beat in  $\frac{1}{4}$  teaspoon salt, a little white pepper or paprika and very slowly 2 tablespoons vinegar. A nice addition is a tablespoon minced sweet green pepper.

### Prune Whip

**W**ASH a pound prunes, soak over night. In the morning cook until tender, remove stones and chop fine. Sweeten to taste. Beat stiff the whites of 2 eggs, add slowly tablespoon powdered sugar, and beat 5 minutes after it is all beaten in, then beat in the chopped prunes. Put in bowl on ice to chill. Either serve in sherbet glasses with whipped cream on top, or pile on glass dish, and serve with custard sauce.

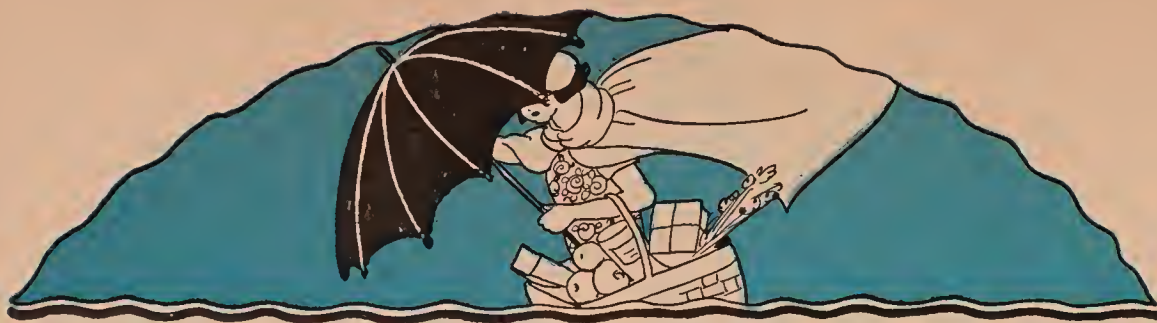
### Custard Sauce

**B**EAT the yolks of 2 raw eggs, then beat with them a cup of powdered sugar. Bring 2 cups milk to the scald in the double boiler, and turn over the egg mixture, then turn back all into double boiler. Grate in a little nutmeg, or sprinkle in a little cinnamon. Stir until mixture begins to thicken. Take from fire and beat in the stiffly beaten egg whites. Just before serving flavor with a teaspoon vanilla extract, or orange extract combines pleasantly with prunes.

### Spinach

**I**F fresh spinach is used, wash on Saturday through seven waters to insure perfect freedom from grit, then put in large paper bag in refrigerator to cook on Sunday, or cook on Saturday, drain as dry as possible, chop and reheat with sauce on Sunday. Boil in salted water for 20 minutes. Drain, pressing out all the water possible. Chop fine with a little seasoning of butter and pepper. Make a white sauce of 2 tablespoons butter, 2 tablespoons flour and a cup of milk. Season with salt and pepper. Turn it over the chopped spinach, and garnish with slices of hard-boiled eggs.

WOMAN'S WORLD BOOK OF SUNDAY DINNERS



## Thirteenth Sunday Dinner Menu

BAKED FISH WITH SPANISH SAUCE  
 CREAMED MACARONI OLIVES STUFFED PEPPERS  
 ASPARAGUS TIPS WITH MAYONNAISE  
 COTTAGE PUDDING, LEMON SAUCE  
 COFFEE

### Baked Fish

USE 2 lb. cod, halibut, white fish or a whole haddock. Wash, wipe dry, put in pan after flouring with flour mixed with salt and pepper. Turn in  $\frac{1}{2}$  cup hot water, and a tablespoon lard or substitute. Bake for about 25 minutes, basting several times with the pan gravy. If not well browned at the end of 25 minutes cook until it is. Remove very carefully so as not to break, to hot platter, and pour over it Spanish Sauce.

### Spanish Sauce

CUT 2 slices bacon or salt pork in small pieces and fry until it begins to brown, then stir with it a small onion chopped fine, and finish browning both. Add a cup of tomatoes, freshly stewed or canned, breaking the pulp in small pieces. Salt and pepper to taste, cook 5 minutes longer and use.

### Creamed Macaroni

COOK half package of macaroni or more if there are over 4 to be served 10 minutes in boiling salted water. Make a cream sauce of a cup milk, thickened with tablespoon butter,  $1\frac{1}{2}$  tablespoon flour. The butter and flour are rubbed together, then stirred into the milk brought to the scald in the double boiler. Season with salt and a little white pepper. If the flavor is liked a small onion may be boiled with the macaroni, but removed at the end of 5 minutes. Drain macaroni, put in glass baking dish, pour the cream sauce over it, sprinkle top with buttered crumbs and bake until crumbs are brown.

### Stuffed Peppers

COVER sweet green peppers with boiling water and let stand for 15 minutes, then pull off as much of the thin skin as possible, cut in half lengthwise and remove seeds. Fill with the following stuffing: 1 can devilled ham or tongue,  $\frac{1}{2}$  cup fine bread crumbs, 2 hard boiled eggs chopped, 1 minced onion,  $\frac{1}{2}$  teaspoon mixed mustard, and if mixture seems too dry add a few drops vinegar. Fill halves of peppers, lay in casserole or baking pan with just enough water to keep from burning and bake 30 minutes

basting twice during that time with a teaspoon butter melted in  $\frac{1}{2}$  cup boiling water.

### Cottage Pudding

MIX cup sugar with 2 tablespoons butter or substitute, 1 egg and a cup of milk. Sift with a pint of flour 1 teaspoon baking powder and  $\frac{1}{4}$  teaspoon salt, and add to the rest. Pour batter into greased cake pan and bake for half an hour in medium oven. Serve hot with Lemon Sauce.

### Lemon Sauce

SIFT 2 tablespoons flour with  $\frac{1}{2}$  cup sugar, then cream with the mixture  $\frac{1}{4}$  cup butter. Stir in the juice of a large lemon, or use a tablespoon vinegar and the juice of half an orange. Mix well, add boiling water, stirring all the time, until sauce is of the desired consistency. Boil 3 minutes. This is an excellent sauce for all fruit puddings.

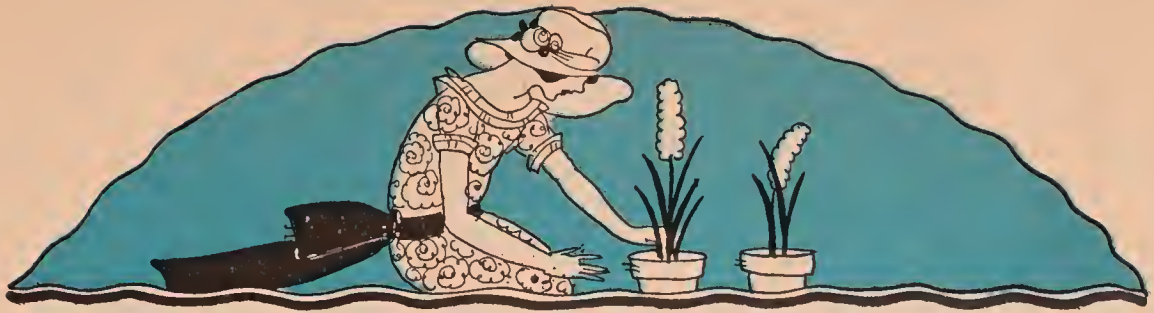
### Devilled Crabs

BLEND 2 tablespoons butter with 1 tablespoon flour and stir with 2-3 cup milk heated hot. Beat 2 raw egg yolks and add to white sauce with a pint of canned or fresh crab meat, a teaspoon minced onion, teaspoon lemon juice, tablespoon minced sweet peppers,  $\frac{1}{2}$  teaspoon salt, a shake of cayenne and a teaspoon Worcestershire sauce. Mix well; fill crab shells or ramekins, buttering them first. cover top with buttered cracker or bread crumbs and bake brown in quick oven. Delicious hot or cold, and can be prepared completely the day before they are needed.

### Scalloped Oysters

COOK over carefully a quart of oysters and strain juice. Butter a deep baking dish, sprinkle bottom with cracker crumbs, put over this a layer of oysters, season with salt and pepper, and dot with butter. Put in more layers of crackers and oysters, finishing with a layer of crackers. Add to the oyster liquor a cup cream and a cup milk, turn in the dish. Dot top with butter and bake, covered, for  $\frac{1}{2}$  an hour, then take off cover and brown. Can be made the day before and reheated perfectly.





# April

## Fourteenth Sunday Dinner Menu

CREAM OF ASPARAGUS SOUP  
VEAL BIRDS

CELERY  
RICED POTATOES

OLIVES  
STRING BEANS

APRIL-FOOL EGGS

EASTER SALAD

SWEET BUNNIES

COFFEE

### Asparagus Soup

**C**UT the head ends off, in 3 or 4-inch lengths, and use this part of a bunch of asparagus as a vegetable or cold boiled as a salad. Scrape the stalk ends, wash well and cook in quart of lightly salted water 30 minutes, or until the stalks are very tender. Rub through a sieve. To 3 cups of asparagus water add  $\frac{1}{2}$  teaspoon onion juice and  $\frac{1}{2}$  pint milk, scalding hot. Heat all in double boiler, and thicken with 2 tablespoons butter and  $1\frac{1}{2}$  tablespoons flour. Season with salt and white pepper, and serve with toasted crackers or croutons.

### Veal Birds

**C**UT thinly sliced veal steak or any lean cut of veal into pieces about 3 by 5 inches. Even the surface by pounding with the flat side of the meat cleaver, dredge with flour, pepper and salt. On each piece put a spoonful of stuffing made of fine bread crumbs, seasoned with a pinch of summer savory,  $\frac{1}{2}$  tablespoon minced onion if liked, and pepper and salt. Moisten with melted butter but no water. Roll veal strip around the stuffing, fasten with wooden toothpicks or tie with string, and be sure to fasten over ends so the stuffing will not cook out. Heat beef drippings hot in skillet, and brown the rolls all over. Then put in baking pan, turn in cup half milk, half water, hot but not boiling, and melt in it a tablespoon butter or substitute. Cover pan and bake slowly for 20 minutes, then uncover and brown. Remove to hot dish, slightly thicken pan gravy and pour over rolls, and garnish with parsley. If it is desired to extend this dish the "birds" may each be served on a piece of buttered toast from which the crusts have been trimmed. Pieces of uncooked macaroni can be stuck in the rolls to represent

the "birds'" legs, and paper frills put on these.

### Riced Potatoes

**P**EEL and boil in salted water potatoes until tender. Press through a ricer into a hot dish, and press over the top the yolks of 2 hard-boiled eggs. Keep hot in oven until ready to serve.

### String Beans

**I**F canned rinse with cold water, and heat hot in double boiler, turning over them a thin cream sauce, made with 1 tablespoon butter and 1 of flour cooked with  $\frac{3}{4}$  cup milk, and seasoned with pepper and salt.

### Easter Salad

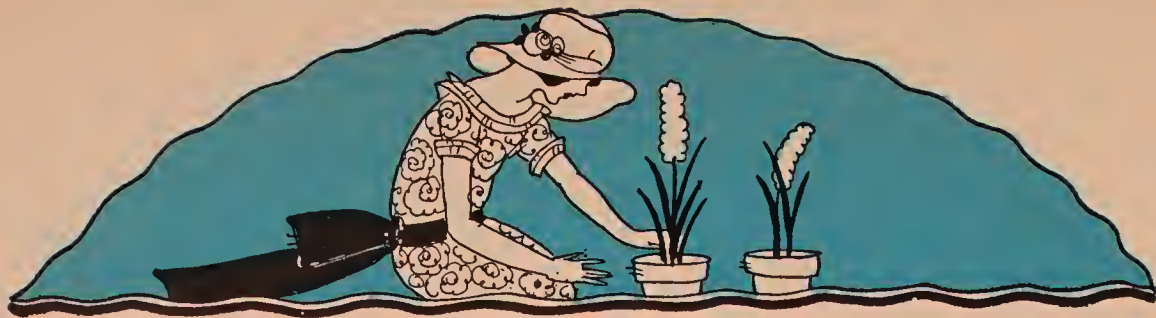
**M**IX with a cup of flour  $1\frac{1}{2}$  cups grated cheese,  $\frac{1}{2}$  teaspoon salt, dash of cayenne and the beaten whites of 2 eggs. Form into small balls size of English walnuts, and fry light brown in deep fat. Make on individual plates nests of shredded lettuce, put a spoonful of mayonnaise or boiled dressing in the center and arrange 2 eggs on top for a portion.

### Sweet Bunnies

**C**REAM 1 cup sugar with 1 cup of butter or substitute. Beat 2 eggs and add, also a cup of sour cream to which has been added 1 teaspoon baking soda. Sift a teaspoon baking powder and  $\frac{1}{4}$  teaspoon nutmeg with 2 cups flour and work in with the rest, then add more flour if necessary to make a dough the usual consistency for rolled cookies. Roll, cut out with a rabbit-shaped cookie cutter, and bake in quick oven for 8 or 10 minutes. Frost with smooth white icing when cold, and stick a whole clove in for eye.

### April-Fool Eggs

**B**AKE a plain sponge cake in a very thin sheet. When cold cut in squares. On each square put a spoonful of whipped cream, and in center of this put half a canned peach hollow side down.



## *Fifteenth Sunday Dinner Menu*

BAKED STUFFED SHAD, PARSLEY LEMON  
BOILED NEW POTATOES ASPARAGUS WITH CREAM SAUCE  
DANDELION SALAD, FRENCH DRESSING  
RHUBARB PIE  
COFFEE

### **Baked Stuffed Shad**

**A** THREE-lb. shad is a good size for a family of 5 or 6. Wash well and dry with clean dish towel after having it properly cleaned. Make a stuffing of 1 cup fine bread crumbs,  $\frac{1}{2}$  cup riced potatoes, 1 beaten egg, 1 tablespoon melted butter, 2 tablespoons boiling water, salt and pepper to taste. Mix well, fill and sew up the shad and lay in the baking pan on slices of fat salt pork. Lay some strips of the pork over the fish, or dot it with bits of butter, turn a cup of hot water in the baking pan and bake for about 50 minutes, or until of a fine rich brown. Do not turn; and baste 3 or 4 times with pan gravy. Add a little more hot water if pan grows too dry. Garnish with thin slices of lemon with minced parsley sprinkled over it.

### **Asparagus with Cream Sauce**

**S**CRAP E asparagus, a medium size bunch, and cut off the tough lower ends which can be used for soup as directed in the Fourteenth Dinner. Soak so as to get out all the sand and grit from the heads. Cook in boiling salted water until tender, which will be in about 25 or 30 minutes. Slender asparagus will cook in 20 minutes. Drain, lay on buttered toast fingers, and turn over a cream sauce, then sprinkle with a little grated cheese. Red pimientos may be used to garnish.

### **Toast Fingers**

**C**UT stale bread after trimming off crusts into 2-inch strips the length of the slice. Toast 1 side only, butter the untoasted side. Lay the fingers on the bottom of the service platter and lay the asparagus on them. Serve a strip of toast with each portion of asparagus.

### **Asparagus Cream Sauce**

**S**TIR with tablespoon flour  $\frac{1}{2}$  cup cold milk, mixing to a cream. Add  $\frac{1}{2}$  cup of asparagus water, hot, and cook until smooth. Season with salt, pepper and butter and turn over the asparagus.

### **Dandelion Salad**

**T**HIS is one of the most delicious salads of early spring, and is only good while

the leaves are very young and tender, and before the blossom buds appear. Soak, then pick over most carefully 2 quarts dandelion greens. Be sure to get out all blades of grass which cook to most unpleasant strings. Rinse through several waters, and lay between towels to dry. When well drained put in salad bowl. Sprinkle over it 1 small onion, or use 2 spring onions or scallions, chopping 2 or 3 inches of the green tops as well as the onions themselves. Crumble the yolks of 2 hard-boiled eggs and add, or put these through the potato ricer. Arrange the sliced egg whites in rings around the edge of the salad, and sprinkle over a French dressing.

### **French Dressing**

**B**EAT with  $\frac{1}{2}$  teaspoon salt 1 tablespoon ice water, 5 tablespoons salad oil, 1 tablespoon vinegar. Beat well then pour over salad.

### **Rhubarb Pie**

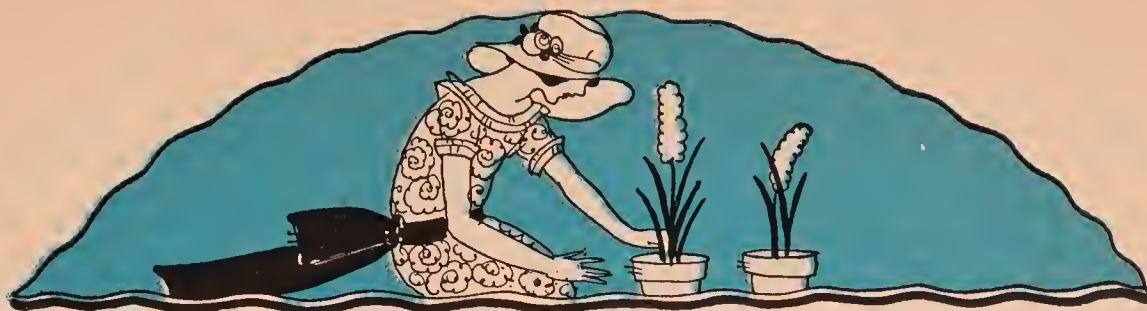
**T**O MAKE the crust sift together 2 cups pastry flour,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon baking powder. Chop in  $\frac{1}{2}$  cup any preferred shortening. Half butter, half lard will give very good results. Add just enough cold water to hold the dough together. Handle as little as possible. Divide the paste into 2 equal portions. Roll out one, and line pie plate. Then put in filling. Roll out the rest of the crust, and after wetting the edge of the bottom crust to make dough strips hold, cut paste in narrow strips and lay across in lattice fashion, pinching them firmly to the bottom crust. Keep enough dough to make a rim around the pie, pressing it firmly to bottom crust with the tines of a fork, and bake in rather hot oven from 30 to 45 minutes, but be sure the bottom crust is perfectly done. Some cooks brush this crust with the white of egg before putting in filling so that juice will not soak into the dough. If the pie dough is put on ice for an hour before rolling out it will be flaky and much easier to handle.

### **Rhubarb Pie Filling**

(See page 63)

WOMAN'S WORLD BOOK OF SUNDAY DINNERS





## Sixteenth Sunday Dinner Menu

CHICKEN EN CASSEROLE  
 MASHED POTATOES      NEW CARROTS, BUTTERED  
 HOT BISCUITS  
 PERFECTION SALAD WITH MAYONNAISE  
 ANGEL SPONGE CAKE      STRAWBERRIES AND CREAM  
 COFFEE

### Chicken en Casserole

**D**ISJOINT and cut the chicken in pieces as for frying. Dredge well with flour which has been seasoned with salt and pepper. In a heavy iron skillet heat 3 tablespoons cooking oil or butter substitute. In this brown the chicken on both sides, then transfer to buttered casserole. When all the chicken is browned and in the casserole, add a tablespoon flour to fat remaining in skillet, stir until it begins to brown, then add 3 cups half milk, half water, and when it is creamy pour over the chicken, adding more seasoning if necessary. Cover and bake very slowly. Two or 3 hours will be required if the chicken is old.

### Hot Biscuits

**T**HESE require 4 cups sifted pastry flour, 4 teaspoons baking powder, 1 teaspoon salt, 2 tablespoons any preferred shortening, and 1 cup milk. Sift flour once, then measure the 4 cups. Stir into the measured flour the salt and baking powder and sift 3 times. Rub in shortening, add milk, and turn out on well-floured board. Toss with 2 knives until dough is well floured, do not touch with the hands or a spoon, roll out to  $\frac{3}{4}$  inch thickness, cut out, not too large, and bake in a quick oven from 12 to 15 minutes.

### Strawberries

**H**ULL choice berries, and put them in a bowl with plenty of cold water for a few seconds, then lift out with a skimmer into a second bowl of water, turn into colander or strainer and chill. Do not sugar until the last minute. It is the sugar that softens berries. Prepared in the manner given, they will be firm and dry, up to serving time, even if that is the day after they are hulled. Serve with powdered sugar and plain cream.

### Angel Sponge Cake

**B**EAT 2 whole eggs so that they will hold sugar, then add 1 cup granulated sugar and beat for 20 minutes, adding the sugar a little at a time. Add with more beating

$\frac{1}{2}$  cup boiling water. Sift, then measure 1 cup fine cake flour, and sift 3 times more with 1 teaspoon baking powder and  $\frac{1}{4}$  teaspoon cream of tartar; add to the egg mixture. Flavor to suit the taste, lemon is usually preferred, and bake for 40 minutes in an ungreased pan, an angel-cake pan is good. Place cake in a very slow oven until it has raised, then increase the heat gradually until it has browned. Be sure to leave it in the oven for the time limit, for it must be turned upside down on 2 supports and the cake allowed to hang until it is cold. If batter is not properly baked at bottom cake will fall out.

### Mashed Potatoes

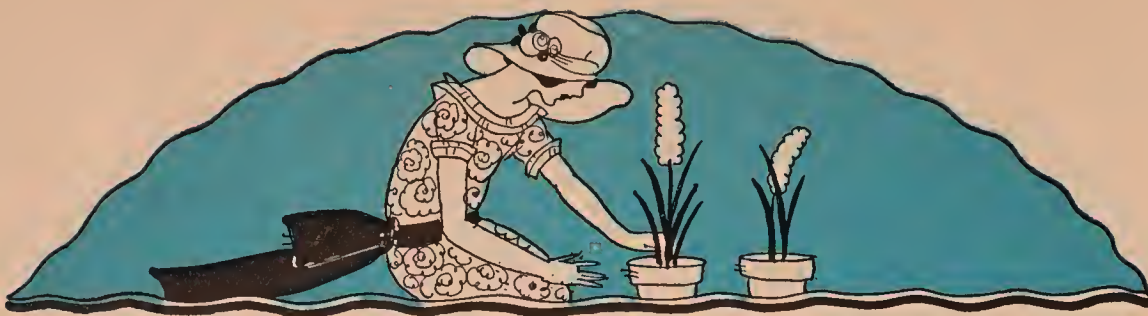
**O**LD potatoes should be peeled and allowed to stand for an hour at least in cold water before being boiled, they then will mash very satisfactory; salt, a tablespoon butter and sufficient hot milk to make them soft enough to beat light being added, and the beating done in the hot saucepan. Garnish with parsley.

### New Carrots Buttered

**P**REPARE little tender carrots, scrape, rinse and cut in strips. Cook until tender in salted water. Drain, put tablespoon butter in pan, add carrots and a sprinkle of pepper, and toss them around until all are well buttered.

### Perfection Salad

**T**HIS is not the very elaborate salad that bears the same name, and it can be, in fact should be, made the day before, so that it can be perfectly firm. To make it dissolve 2 tablespoons gelatine, after softening for 10 minutes in  $\frac{1}{2}$  cup cold water. in 2 cups boiling water. Let cool, add  $\frac{1}{2}$  cup vinegar, juice of 1 lemon,  $\frac{1}{2}$  cup sugar, 1 teaspoon salt, 2 cups finely chopped celery, 1 cup shredded cabbage, and 3 pimientos chopped fine. Mix with the cool jelly water, and turn into a large mold or small individual molds, wetting whichever is used with ice water. When ready to serve turn out on lettuce leaves, and put a spoonful of mayonnaise on top.



## Seventeenth Sunday Dinner Menu

### ORANGE APPETIZER

### ROAST LEG OF LAMB WITH MINT SAUCE

### MASHED POTATOES

### CUCUMBER-ONION SALAD

### CREAMED PEAS WITH CARROTS

### CUSTARD RICE PUDDING

### COFFEE

#### Orange Appetizer

**C**UT oranges in halves, scoop out pulp, take out white pith and seeds, mix pulp with 1 cup fresh strawberries to 6 oranges, and halve the berries. Add 1 banana cut in dice. Mix, sprinkle with juice of 1 lemon, then with powdered sugar and chill fruit. When ready to serve fill the orange skins or sherbet glasses with the fruit, and add a little of the juice. These can be put at the places before guests sit down. The fruit can be prepared the day before.

#### Roast Leg of Lamb

**R**UB the meat all over with a clean towel, then rub with flour seasoned with pepper and salt. Put it in baking pan in a moderate oven and let it heat until the fat sizzles as it drops in the pan, then put in a cup of hot water, slightly salted, and roast, basting every 20 minutes, allowing 20 minutes to the pound. If upper side, which is the one covered with fat and a thin layer of skin, browns too quickly, turn over. When done remove to hot platter, and after turning off almost all the grease make a brown gravy as for Roast Pork in Sixth Sunday Dinner.

#### Creamed Peas with Carrots

**F**OR 5 or 6 portions 3 pints peas in the shell will be required, and a bunch of spring carrots. Shell and rinse peas. Scrape carrots after dropping for 2 minutes in boiling water to loosen skin. Cut in small dice. Cook peas and carrots together in slightly salted water until both are done, which will be in about 30 minutes. Drain, put in double boiler in which has been made a cream sauce of  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  cup water drained from carrots and peas, thickened with 1 tablespoon butter blended with 1 of flour. Season with salt, pepper and  $\frac{1}{2}$  teaspoon sugar, and add teaspoon minced parsley. Carrots and peas may be cooked on Saturday and creamed on Sunday.

#### Mint Sauce

**W**ASH and mince sufficient fresh mint leaves to make 4 tablespoons. Put in sauce bowl, cover with 2 tablespoons gran-

ulated sugar, and add 2 tablespoons boiling water. Let stand for 15 minutes, then add 4 tablespoons cider vinegar. If there is no objection to the sharpness of the vinegar the hot water may be omitted. The mint sauce should be made the day before and closely covered so the full flavor of the mint will be extracted.

#### Cucumber-Onion Salad

**P**ARE and slice 3 good sized cucumbers, and peel and slice 2 good sized onions. Bermuda or Spanish onions are preferable because not so strong-flavored. Put both cucumbers and onions to soak for an hour in slightly salted water. Make a dressing of 3 tablespoons thick cream, sweet or sour, beaten with 2 tablespoons sugar and 4 tablespoons vinegar. Add a dash of cayenne or paprika. Drain cucumbers and onions, arrange on lettuce leaves and turn over the dressing. To have the cucumbers and onions crisp after the salt water soaking they must be served at once.

#### Custard Rice Pudding

**M**IX  $\frac{1}{2}$  cup sugar with 2 tablespoons flour, and beat with this 3 eggs, 1 at a time. Add 3 pints sweet milk, stir well, then add 2 cups cold boiled rice and 2 teaspoons vanilla extract. The mixture must be stirred until the rice grains are separated. Butter baking dish, preferably a fireproof glass one, turn in mixture and bake for about 60 minutes or until center is firm and top browned. Serve cold.

#### Mashed Potatoes

**A**S DIRECTED in Third Sunday Dinner, or potatoes may be peeled and roasted in the pan with the lamb, being put in  $\frac{3}{4}$  hour before lamb will be done sufficiently.

#### Rhubarb Bread Pudding

**B**UTTER slices of bread and cover bottom of baking dish. Cover with rhubarb, uncooked, and cut in inch pieces. Use as much sugar as rhubarb, and sprinkle with it, then put in another layer of bread and so on. Finish with a layer of bread, and sprinkle with sugar. Steam for one hour, then bake uncovered for half an hour. This pudding really requires no sauce.





# May

## Eighteenth Sunday Dinner Menu

ICED STRAWBERRY COCKTAIL  
BREADED VEAL CUTLET

RICE CROQUETTES

SIMPSON LETTUCE WITH THOUSAND ISLAND DRESSING  
CARAMEL NUT PUDDING  
COFFEE

STRING BEANS

### Strawberry Cocktails

**W**ASH berries, allow about 6 good-sized ones to a cocktail or sherbet glass. Mix with orange pulp, 1 orange to cup of berries, mix tablespoon lemon juice, with 2 tablespoons orange juice, a little paprika, tablespoon powdered sugar and a tiny pinch salt. Chill berries and dressing separately. When ready to serve put a tiny heart leaf of lettuce in each glass, a spoonful of fruit on this and a spoonful of dressing.

### Rice Croquettes

**M**IX 2 cups boiled rice with 1 slightly beaten raw egg, 1 tablespoon sugar, 1½ tablespoons melted butter or substitute, ½ teaspoon flour, ½ teaspoon salt, ¼ teaspoon pepper, dash of paprika, and ½ teaspoon chopped parsley. Mix well, make into croquettes, let stand for an hour to harden, then roll in egg and crumbs, and fry golden brown in deep fat.

### Tomato Sauce for Croquettes

**C**HOP 2 medium sized tomatoes after scalding off the skins, or use a cup of the thick pulp of canned tomatoes. Chop and add ½ green sweet pepper, and 1 small onion. Add water, about ½ cup, and simmer until sauce is thick and the peppers and onion done sufficiently. Add a tiny pinch of soda, and season with salt, pepper and a little butter.

### Breaded Veal Cutlet

**C**UT the cutlet into pieces for serving. Roll each piece separately in egg, then in bread crumbs until well coated. Put in iron skillet any preferred frying medium, half butter, half lard makes a good combination, or clarified beef drippings, or vegetable shortening, anything but bacon fat which is too strong. Brown pieces quickly on both sides, cover skillet and finish cooking very slowly, about 30 minutes should be allowed, as veal must be cooked thoroughly. Remove to hot platter

when done, add a little flour to pan gravy, let this brown lightly, then turn in a cup of milk and stir to a smooth gravy. Turn around the veal, and sprinkle with parsley.

### String Beans

**S**TRING, cut in inch pieces, cook in salted water until tender, drain and season with salt, pepper and a little butter or 2 tablespoons hot milk.

### Simpson Lettuce

**T**HIS is a very crisp leafed lettuce. The outer leaves should be removed and the solid head soaked in ice water or put in a lettuce bag on ice for several hours or over night. Cut the head, if large, in 4 quarters, a quarter being a portion, or cut small heads in half, and put a large spoonful of the dressing on each.

### Thousand Islands Dressing

**B**EAT until light 2 raw egg yolks. Add teaspoon lemon juice and beat again. Add teaspoon salad oil and beat. Then continue to add, with beating, salad oil, teaspoon by teaspoon, until 1½ cups have been used. Then add more lemon juice slowly until altogether 2 tablespoons have been used. Beat in teaspoon salt, a tablespoon finely chopped sweet red or green pepper, a slice of onion, and 2 cups chili sauce. Let stand in ice box to thicken.

### Caramel Nut Pudding

**C**ARAMELIZE 2 cups granulated sugar as directed in the Second Sunday Dinner. Add to the caramel 2 cups cold milk, keep over a gentle heat, and when the milk and the caramel have blended (at first the cold milk will harden the caramel) stir in 2 tablespoons cornstarch which has been wet to a paste with a little cold milk. Stir until the mixture thickens. It must not be at all lumpy, and should cook for at least 10 minutes so that it will not have a starchy taste. Let cool. Add ½ cup chopped walnut meats. Cover with whipped cream.



## Nineteenth Sunday Dinner Menu

**FRIED CHICKEN**  
**CREAM GRAVY**  
**CREAMED NEW POTATOES**  
**HOT RAISED ROLLS**  
**LETTUCE SALAD**  
**SOUR CREAM DRESSING**  
**POINSETTA WHITE CAKE**  
**NEW PEAS**  
**STRAWBERRIES AND CREAM**  
**COFFEE**

### Fried Chicken

**C**UT a fat, young chicken into convenient pieces for serving. Wash, wipe, then dredge with flour seasoned with pepper and salt, and spread out on a platter. Use either  $\frac{1}{2}$  lard,  $\frac{1}{2}$  butter for frying, or  $\frac{1}{2}$  butter,  $\frac{1}{2}$  vegetable shortening. Have plenty in a deep iron skillet. Put in only a few pieces of chicken at a time, so that they can be turned easily. Fry a light brown, and keep hot in oven until all the chicken is cooked. Turn off most of the grease from the skillet, and into the remainder stir  $1\frac{1}{2}$  tablespoons flour, stirring it until it begins to brown, then add slowly 2 cups milk, cook until creamy and smooth, add a teaspoon minced parsley. Season with pepper and salt. Lay the pieces of chicken in the gravy, heat all very hot and serve.

### New Peas

**U**SE only water sufficient to cover well. Bring to boil, add a heaping tablespoon butter, a salt spoon, or  $\frac{1}{4}$  teaspoon each salt and sugar, and a little pepper. Put in peas. Cook 20 minutes for fresh, young peas. Take from fire as soon as done. Drain off some of the water and keep for soup, but leave sufficient to have the peas moist.

### Creamed New Potatoes

(See Boiled New Potatoes on page 64)

### Hot Raised Rolls

**S**IFT a teaspoon salt with 4 cups bread flour, and chop into it a tablespoon butter. Scald a pint of milk, cool until it is luke warm, then beat with it the yolks of 2 raw eggs, and mix with the flour. Crumble  $\frac{1}{2}$  yeast cake, and dissolve in  $\frac{1}{2}$  cup lukewarm water, add a teaspoon sugar and stir with the rest. Mix well with a wooden spoon. Let rise for 4 hours; it should double in bulk by that time. Knead lightly, make into a long roll, and cut this into pieces the size of walnuts. Roll into balls with the floured hands, and set close together in greased baking pan. Cover with a clean dish

towel, and let rise for  $\frac{1}{2}$  hour. Brush tops with a little milk and bake in a hot oven from 12 to 15 minutes.

### Lettuce Salad

**W**ASH well, but do not pull apart until nearly ready to serve, then drop leaves in cold water for a few seconds, shake off the moisture, and put on individual plates with a spoonful of the Sour Cream Dressing.

### Sour Cream Dressing

**B**EAT a cup of rich sour cream until thick and light. Add to it gradually 1 teaspoon salt, a little paprika, 2 tablespoons lemon juice, 2 tablespoons vinegar, 1 teaspoon mixed mustard and a tablespoon sugar. Mix all together before adding to the beaten cream.

### Poinsetta White Cake

**C**REAM 2 cups sugar with  $\frac{1}{2}$  cup butter, working the mixture until it is as creamy as for hard sauce. Sift with 3 cups flour, 3 teaspoons baking powder and  $\frac{1}{4}$  teaspoon salt. Sift 3 times, and sift the flour before measuring. Add the flour to the butter and sugar alternating with 1 cup milk put in by spoonfuls. Fold in last the well beaten whites of 3 eggs. Flavor with a teaspoon of almond or vanilla extract, and bake in a tube cake tin for 30 or 40 minutes. Spread with white icing and when it is dry make poinsetta flowers along the edge with maraschino cherries cut in strips.

### Eggless White Icing

**M**ELT tablespoon butter in 2 tablespoons boiling water, and stir in as much confectioners sugar as will make a paste that will spread easily without running. About a cup of sugar, maybe a little more will be needed. Flavor with a teaspoon almond or vanilla extract.

### Strawberries and Cream

**S**EE the Sixteenth Sunday Dinner. Thin cream will thicken up quite a good deal if held over in the ice chamber of the refrigerator for a day or so.





## Twentieth Sunday Dinner Menu

GREEN PEA SOUP  
COLD SLICED POT ROAST  
HOT GRAVY

POTATOES A LA CREME

FRIED CAULIFLOWER

HORSERADISH  
SLICED TOMATOES AND MAYONNAISE  
STRAWBERRY SHORTCAKE  
COCOANUT MACAROONS  
COFFEE

### Green Pea Soup

**H**ULL and rinse well developed green peas. Put on to cook in cold water sufficient to stand 1 inch above the peas. After boiling let cook for 3 minutes. Put peas and water in which they were cooked through a sieve. It should measure 2 cups, if not add sufficient hot water to make that amount. Bring 3 cups milk to the scald, thicken with 3 tablespoons butter, 2 tablespoons flour, strain this into the pea puree, season with salt and pepper, and serve with croutons.

### Pot Roast

**D**O NOT get less than 5 or 6 pounds for a pot roast, as it is good down to the last slice, and can be made over in many different ways. The round is considered the best cut, although the butcher can suggest many other parts not so expensive. Ask for a piece of sweet suet with the beef. Cut up suet and put it in skillet over a hot fire. When it melts put in the pot roast and brown it by rolling it over and over in the suet fat. In the bottom of the iron kettle, which is the best utensil for pot roasting, put a little of the suet, then some vegetables, carrots, turnips, onion and celery, a few tablespoons of each chopped coarsely. Then lay in the meat, dredge with flour and turn in 2 cups boiling water. Put a layer of the chopped vegetables, about  $\frac{1}{4}$  cup each, on top of the meat, cover pot and cook very slowly, allowing 25 minutes to the pound. From time to time baste the meat with the pot gravy, and if this cooks down too dry, add a little more boiling water. When done take out and put on platter, seasoning with salt and pepper. After the meat is taken from the pot, rub the cooked vegetables with the gravy through a colander, thicken with a tablespoon of browned flour, and season with salt, pepper and dash of Worcestershire sauce.

### Mayonnaise

(See Tenth Sunday Dinner.)

### Strawberry Shortcake

**B**EAT together 1 cup sugar and  $\frac{1}{4}$  cup butter. Beat 3 eggs very light and add. Sift together 2 cups flour, 2 teaspoons baking powder and  $\frac{1}{4}$  teaspoon salt. Mix with the butter and sugar, and stir in enough thin cream to make a dough that can be rolled out easily. Pat into deep tins, and bake for 15 or 20 minutes. Split with a sharp knife dipped in boiling water. Spread the lower half with strawberries, each cut in half. Lay on the upper half and cover with whole berries, and cover with whipped cream. Or the top may be covered with a meringue made by beating an egg white stiff with a tablespoon powdered sugar, then the berries put on the meringue and the cake served with plain cream. Do not serve whipped cream with the meringue. To prepare the strawberries for the cake, wash, drain and to every 3 pints of berries add 1 cup powdered sugar. Halve the berries and set in a cold place until ready to fill.

**Fried Cauliflower** (See page 7)

**Sliced Tomatoes** (See page 64)

### Potatoes a la Creme

**H**EAT a cup of milk, thicken with a tablespoon each butter and flour blended. Stir until smooth and creamy, add a teaspoon of salt and a little pepper. Have ready 2 cups cold boiled potatoes cut in cubes, and a teaspoon minced parsley. Put potatoes in the cream sauce, and gently shake over fire until the potatoes are hot through, then put in serving dish and sprinkle with the parsley.

### Cocoanut Macaroons

**M**IX a cup of prepared cocoanut with a cup of powdered sugar. Beat the whites of 6 eggs to a stiff foam, and beat the cocoanut and sugar with them. Drop by small spoonfuls, about the size of a nutmeg on greased paper laid on a baking tin, and bake in a slow oven until lightly browned. Do not try to take from paper until perfectly cold. It will take about 15 minutes to bake them thoroughly.



## Twenty-first Sunday Dinner Menu

MELTED POTATOES      SALMON LOAF WITH EGG SAUCE      SPINACH  
 PICKLED BEET AND CELERY SALAD  
 STRAWBERRY MOUSSE  
 FEATHER CAKE  
 COFFEE

### Salmon Loaf

FOR a loaf large enough for a family of 6, use a pound can salmon. Scald and drain to remove the oily taste, then separate into flakes with 2 forks. Roll fine stale bread crumbs, and to  $1\frac{1}{2}$  cups add 1 teaspoon salt,  $\frac{1}{4}$  teaspoon pepper, tablespoon melted butter, teaspoon onion juice,  $1\frac{1}{2}$  cups boiling half milk, half water, 2 beaten eggs and a teaspoon minced parsley. Mix all with the salmon, put in a greased mold and steam for 30 minutes, then set in hot oven for 10 minutes.

### Egg Sauce

MAKE a white sauce of a tablespoon butter, creamed with 1 of flour, then cooked with a cup of milk to a smooth cream. Season with salt and pepper, and add 2 hard boiled eggs chopped fine, and a  $\frac{1}{2}$  teaspoon chopped parsley.

### Melted Potatoes

PREPARE as many potatoes of uniform size as there will be people to be served, allowing 2 or 3 extra. Cook them until soft but not crumbling in slightly salted water. When done drain, put in colander for a few minutes with a towel over them to absorb the moisture. Set them in a baking dish from which they may be served, and turn in cream, or thin white sauce to fill dish  $\frac{1}{3}$  full. Put a bit of butter on top of each potato, sprinkle lightly with salt and white pepper, and bake until the potatoes have absorbed the cream, and are lightly browned.

### Feather Cake

CREAM 1 cup granulated sugar with 2 tablespoons butter, and add 1 well beaten egg. Sift 2 cups flour with 2 teaspoons baking powder and  $\frac{1}{4}$  teaspoon salt. Sift 3 times. Add to egg, butter and sugar, alternating spoonfuls of flour with spoonfuls of milk, until a cup of milk has been used. Flavor with a few grates of nutmeg, and a teaspoon vanilla or lemon extract. Turn into pan which has been greased then dusted with flour and bake

for 25 minutes in a moderate oven. No icing required, dust with powdered sugar.

### Strawberry Mousse

THIS is an easy dessert because it does not require the turning of the ice-cream freezer. Mash ripe berries, sufficient to make a pint, and mix with a cup of powdered sugar. Beat 2 cups cream stiff, add berries and turn into a can with a tight-fitting cover. Put a sheet of waxed paper over the top of the can, and jam down the cover, then bury the can in a mixture of salt and ice, using 1 part salt, 2 parts ice. Leave buried for 5 or 6 hours, then unmold and turn out on serving dish. Garnish with some of the handsomest whole berries dipped in powdered sugar.

### Spinach

(See recipe on page 17)

### Pickled Beet and Celery Salad

SELECT beets of uniform size, a little larger than eggs. Cook until tender, then slip off skins and drop in hot vinegar to which has been added a tablespoon sugar to a cup of the vinegar, 6 whole cloves, a few peppercorns and whole allspice. Let beets stay in vinegar until cold. Drain, scoop out centers, fill with chopped celery mixed with mayonnaise or boiled dressing, and serve on lettuce leaves.

### Mayonnaise

(See Tenth Sunday Dinner)

### Chicken Shortcake

PUT through food chopper sufficient cold cooked chicken to make 2 cups, and enough celery to make  $\frac{1}{2}$  cup. Make a sauce of  $1\frac{1}{2}$  cups stock made from cooking chicken bones, or  $1\frac{1}{2}$  cups milk. Add tablespoon minced onion, the celery, a tablespoon butter and  $1\frac{1}{2}$  tablespoons of flour. Add chicken meat, season with salt and pepper, and cook for 15 minutes. Bake a shortcake of rich biscuit dough, only 1 tinful. Split, butter split side, and put on chicken meat. Put on other layer, crust side upward, and pour the gravy over it. Serve with peas or string beans.





## Twenty-second Sunday Dinner Menu

CREAM OF VEAL SOUP, WITH RICE  
 RADISHES                      SPRING LAMB CHOPS, BROILED                      OLIVES  
 CANDIED SWEET POTATOES                      STUFFED TOMATOES  
 SHREDDED LETTUCE WITH FRENCH DRESSING  
 LITTLE INDIVIDUAL STRAWBERRY SHORTCAKES  
 COFFEE

### Cream of Veal Soup

**P**UT a cracked knuckle of veal in 3 quarts cold water with a teaspoon salt and a tablespoon raw rice. Bring to the boil, then reduce the heat until the liquid just simmers, add a small bunch of parsley, and simmer for 4 hours. Strain, add 2 cups hot milk, 2 tablespoons butter blended with  $1\frac{1}{2}$  of flour, and season with salt, pepper and a teaspoon onion juice. If convenient add  $\frac{1}{2}$  dozen small canned mushrooms chopped. Boil up once, strain again and serve with croutons.

### Radishes and Olives

**C**UT off stems and roots of the radishes. Slit the red skin half way down and loosen from the white skin. Drop in ice water for an hour. The skin will curl back, making the radishes look like little flowers. Open olive bottle, rinse contents, and put in cold place until ready to serve. Put radishes and olives in separate deep glass dishes and cover with cracked ice.

### Candied Sweet Potatoes

**B**OIL and skin sweet potatoes, and cut in long slices  $\frac{1}{2}$  inch thick. Lay these in earthenware or glass baking dish, put dots of butter on each slice, and sprinkle with sugar and cinnamon. Turn in a few spoons of boiling water, and bake until sugar and butter have candied.

### Spring Lamb Chops, Broiled

**R**IB chops make the best appearance. These are very small in early summer, so at least 3 should be considered a portion. Pull off the tough outer skin, and scrape fat away from bone which should not be cracked. This scraped away portion is mostly fat, and all that can be done with it is to try it out for making fine toilet soap, for which use it is ideal. Put chops on a greased broiler and broil with frequent turnings over a clear flame, or put on broiler in pan and broil under a gas flame, turning the same way. When well browned season with pepper and salt, put a bit of butter on each chop, and garnish with parsley, or if it is desired to make a small quantity of chops go a long

way, lay on buttered toast, turning any gravy that may have dripped into the roasting pan over chops and toast.

### Shredded Lettuce with French Dressing

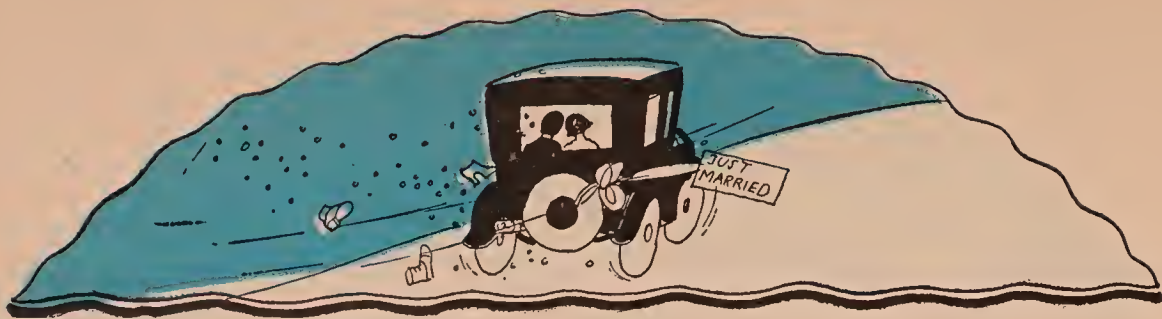
**P**ULL the lettuce apart with the fingers or a wooden fork and spoon, and put in ice water to chill for an hour before serving, then shake free from moisture before sprinkling with the dressing. For French Dressing see Ninth Sunday Dinner.

### Baked Stuffed Tomatoes

**W**ASH and dry firm tomatoes of uniform size. Remove a thin slice from the stem end, remove seeds and pulp, and turn upside down to drain. To the pulp add an equal quantity of cracker crumbs which have been stirred in a pan with a little melted butter, add a little chopped onion, season with salt and pepper. Refill tomatoes with mixture, and place in a buttered tin; sprinkle with buttered cracker crumbs, and bake 20 minutes in a hot oven. Do not baste or the tomatoes will burst. When done set each on a slice of buttered toast, and turn whatever liquid there is in the pan over the toast.

### Individual Strawberry Shortcakes

**S**TEM and wash a quart of strawberries. If they are very large halve them. If small chop them. Sprinkle with a cup of powdered sugar, and put in refrigerator. Sift 4 cups flour, 2 teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt and  $\frac{3}{4}$  cup granulated sugar 3 times, then rub in tablespoon butter, add sufficient milk to make a dough about as soft as for biscuit. Roll out on floured board, and cut in rounds with large cutter, or top of tin can. The dough should be about  $\frac{3}{4}$  inch thick. Put in buttered pan, far enough apart so that they do not touch, and bake until of a light brown. Pull apart with 2 forks while hot, butter the lower portion, putting crust side down. Fill with the berries, drained of their juice. Butter the top halves, put on, crust side up. Cover top with the rest of the berries, and serve with cream, turning over the cake first the juice strained from the berries.



# June

## Twenty-third Sunday Dinner Menu

COLD TOMATO SOUP  
PRESSED CHICKEN  
COUNTRY FRIED POTATOES  
SLICED TOMATOES AND CUCUMBERS  
VINAIGRETTE DRESSING  
CHOCOLATE PIE  
LEMONADE  
STRING BEANS WITH BACON  
COCOANUT PUFFS

### Cold Tomato Soup

**A**DD to a quart can of tomatoes a pint of water, 1 small onion with 3 whole cloves stuck in it, a small carrot grated, a small bunch of parsley, and if obtainable, enough chopped celery to make a cup, otherwise use a teaspoon of celery seed, 1 teaspoon sugar, a bit of bay leaf, 1 teaspoon salt, and cayenne, paprika or white pepper to suit the taste. Cook all for  $\frac{3}{4}$  hour, then strain and chill. The soup can be made the day before. Serve very cold, adding 2 tablespoons spicy tomato catsup just before putting in soup plates. Crumble hard-boiled yolk of egg on each portion, and 1 or 2 very thinly sliced rings of egg white.

### Pressed Chicken

**B**OIL 1 good sized fowl or 2 small ones in slightly salted water in which has been put some celery tops and 1 small onion, until the meat will separate from the bones. Pick from the bones, take off all fat, skin and gristle, and put meat through the food chopper, with 4 hard-boiled eggs. Season with salt and pepper. Soak a tablespoon gelatine in cold water to cover for 10 minutes, then dissolve it in a pint of the strained hot chicken broth, and mix in the chicken meat and eggs. Put in a mold wet with ice water, and let harden in a cold place over night. It can then be sliced. Garnish dish with sliced stuffed olives, cucumber pickles and hard-boiled eggs, sliced.

### String Beans and Bacon

**F**OR 5 or 6 people boil  $\frac{3}{4}$  lb. well washed bacon for an hour. String 2 quarts beans, and cut in 2 inch pieces. Wash well. Take bacon out of the water in which it has been boiling. Cool this for there will be quite a quantity of the finest lard on top which can be skimmed off and used. Put bacon and beans in

fresh boiling water, add teaspoon salt and  $\frac{1}{2}$  teaspoon pepper, and boil until beans are tender, which if they are young and fresh will be in about  $\frac{3}{4}$  hour. Take out beans, cut bacon in thin slices.

### Vinaigrette Dressing

**B**EAT with  $\frac{1}{3}$  cup salad oil, tablespoon chopped sour cucumber pickle, tablespoon chopped sweet pepper, tablespoon minced parsley,  $\frac{1}{2}$  teaspoon paprika, teaspoon salt, a little cayenne, and then very slowly  $\frac{1}{4}$  cup vinegar.

**Country Fried Potatoes** (See page 64)  
**Sliced Tomatoes and Cucumbers**

(Recipes on page 56)

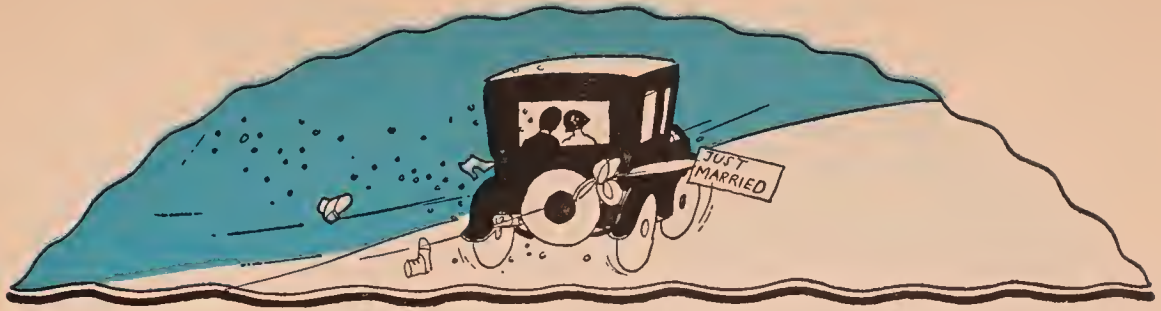
### Chocolate Pie

**G**RATE sufficient unsweetened chocolate to make  $\frac{1}{2}$  cup. Mix it with  $\frac{1}{2}$  cup granulated sugar and 3 tablespoons flour, then wet to a paste with a little cold milk. Bring 2 cups milk to scald in the double boiler. Stir in the paste, and cook until thick. Beat well the yolks of 3 eggs. Turn some of the hot chocolate custard over the eggs, then turn all back in double boiler to cook for a minute, no longer. Cool, and when quite cold stir in a teaspoon vanilla extract. Bake 2 pie crusts as for custard pie, put into these the cold chocolate filling, and cover with a meringue made of the egg whites beaten stiff with a tablespoon powdered sugar. Return to oven to lightly brown.

### Cocoanut Puffs

**M**IX 2 cups prepared cocoanut with a cup of powdered sugar and 2 tablespoons flour or cornstarch. Beat the whites of 2 eggs very stiff, and gradually beat the sugar, cocoanut etc. with them until the mixture is thoroughly incorporated. Drop by small spoonfuls on buttered tins and bake until firm. Do not try to remove from paper until cold.





## Twenty-fourth Sunday Dinner Menu

CHILLED GRAPE JUICE AND PINEAPPLE  
COLD BOILED HAM

NEW POTATOES

STUFFED TOMATO SALAD  
MAYONNAISE

SCALLOPED NEW CABBAGE

CHOCOLATE POTATO CAKE

STRAWBERRY TAPIOCA

ICED COFFEE

### Chilled Grape Juice and Pineapple

**C**HILL canned pineapple cut in small pieces, also chill bottle of grape juice. When ready to serve partially fill sherbet or cocktail glasses with the pineapple, then fill with the grape juice.

### Boiled Ham

**S**CRUB well and soak over night a ham weighing from 8 to 10 lbs. Put in pot large enough to permit water to cover it. Bring gradually to the boil, add 2 onions, each with 2 cloves stuck in it, 2 medium size carrots, and a head of celery broken into pieces, add a cup of cider vinegar and cook very slowly for 4 hours. Let ham stay in the liquor all night. Next day take off skin, sprinkle with pepper, stick a few cloves in the fat, sprinkle with a mixture of cracker crumbs and brown sugar and set in oven until sugar and crumbs melt together in a brown crust. About half an hour.

### New Potatoes

**B**OIL after paring, and serve plain with a little chopped parsley and melted butter over each.

### Scalloped New Cabbage

**S**LICE a loose-leaved summer cabbage, parboil in salted water for 10 minutes. Drain. In bottom of baking dish, buttered, strew a layer of crumbs, then put in a layer of the parboiled cabbage and moisten with thin white sauce. Cover with crumbs, and put in more cabbage and white sauce. Crumb the top, add white sauce sufficient to almost fill baker, and dot top with butter. Bake for 25 minutes, covered for 10 minutes, then uncovered and browned.

### White Sauce

**C**REAM tablespoon butter with tablespoon flour, mix with cup of milk, cook until thick. Season pepper and salt.

### Stuffed Tomato Salad

**S**CALD and skin medium sized tomatoes. Scoop out some of the pulp, sprinkle inside with salt and invert for

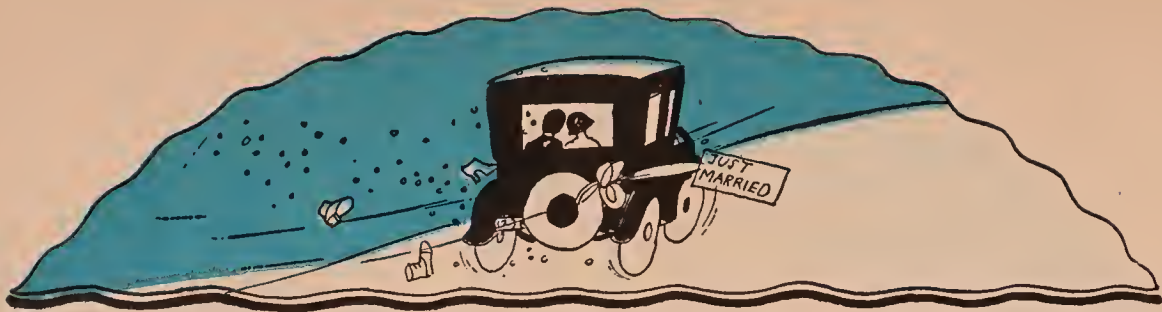
half an hour. Cut a peeled cucumber that has been soaked in ice water for an hour into small cubes and mix with the pulp that was scooped from the tomatoes. Fill the drained tomatoes with the mixture and put on lettuce leaves, with a spoonful of boiled dressing or mayonnaise on each.

### Chocolate Potato Cake

**C**REAM 1 cup butter or substitute with 2 cups granulated sugar, and cream in 1 cup freshly boiled and mashed potato. The potato must be absolutely free from lumps, and it is better to put it through a sieve. Add 1 by 1, beating well after each addition, 4 eggs. Grate or shave 3 squares unsweetened chocolate and melt over hot water, then dissolve in  $\frac{2}{3}$  cup sweet milk and add. Sift 2 teaspoons baking powder, 1 teaspoon soda, 2 teaspoons cinnamon with 2 cups flour. Sift 3 times, and add. Then flour a cup each of chopped walnuts and seeded or seedless raisins and stir in. The batter should be quite thick, about like the average fruit cake, so add a little more sifted flour if necessary. Bake in a large loaf, or 2 smaller ones, in pans lined with greased paper. The oven should be very slow, and the cake will take a full hour. This makes a large cake, and the recipe may be halved for a small family. For the icing mix  $1\frac{1}{2}$  cups powdered sugar with  $\frac{1}{2}$  cup cocoa powder. Mix with boiling hot coffee to a paste that will spread. This will take about 4 or 5 tablespoons. Mix in  $\frac{1}{2}$  teaspoons melted butter and 1 teaspoon vanilla extract.

### Strawberry Tapioca

**D**ISSOLVE 3 tablespoons tapioca that does not require soaking in a cup of hot water, cooking in double boiler until clear. Add 2 cups strawberry juice and a pinch of salt, and bring again to the boil. Add a cup of sugar and 2 cups ripe strawberries cut in small pieces. Chill, put in glass sherbet cups, and on each portion put a spoonful of sweetened and flavored whipped cream.



## Twenty-fifth Sunday Dinner Menu

	CREAM OF POTATO SOUP	
	CHICKEN SALAD	
BOILED BUTTERED RICE	CUCUMBER SALAD	SCALLOPED TOMATOES
SPICE CAKE	ICED TEA	APPLE AMBER

### Cream of Potato Soup

**P**ARE and slice 3 medium size potatoes. Put to boil in 2 cups water, with  $\frac{1}{4}$  cup celery tops, 1 small onion, cut in half, and a few sprigs of parsley. Cook until the potatoes crumble, then press through a sieve, add 3 cups hot milk, thicken with 2 tablespoons butter blended with 2 of flour, and season with salt and pepper. When well thickened, it is safer to cook it in the double boiler lest the milk scorch, strain again and serve with slightly salted crackers or croutons.

### Chicken Salad

**C**UT cold cooked chicken in small dice, but do not put through meat chopper. Marinate for an hour in French dressing. When ready to serve mix with an equal quantity of diced celery, or if this is not on hand use chopped white cabbage and a spoonful of celery seed. Drain chicken as dry as possible before mixing with celery or cabbage, then moisten all thoroughly with a thick mayonnaise. Serve on lettuce leaves, and garnish with sliced stuffed olives and with slices of hard-boiled egg.

### Boiled Buttered Rice

**H**AVE 2 quarts salted water boiling rapidly. Wash a cup of rice to serve 5 or 6 people, and shake off the moisture in strainer. Sprinkle in the boiling water, slowly so as not to stop the boiling, and cook until tender which will be in about 20 minutes. Pour in colander, pour over it boiling water, then set colander in a bowl in the oven for 5 minutes with the door open. Every kernel will stand separate. Have ready  $\frac{1}{4}$  cup melted butter seasoned with  $\frac{1}{4}$  teaspoon salt and little paprika. Pour over the hot rice, tossing the grains with a fork, and serve as soon as possible, using the Scalloped Tomatoes as a sauce.

(Scalloped Tomatoes on page 40)

### Cucumber Salad

**P**EEL short cucumbers. Cut in lengthwise strips, and if the cucumber is thick cut each strip in half. Soak in ice water for an hour. Just before serving

drain strips, pile individual portions on 2 lettuce leaves or watercress, and put a spoonful of Tartare Dressing on top.

### Tartare Dressing

**A**DD to cup any kind mayonnaise, teaspoon French mustard, or home-mixed mustard, teaspoon chopped capers, teaspoon chopped sweet pickle, and  $\frac{1}{2}$  teaspoon minced onion or onion juice.

### Spice Cake

**W**ARM  $\frac{1}{2}$  cup molasses and stir with it 2 teaspoons soda. Be careful for the addition of the soda will make a foam. Add  $\frac{1}{2}$  cup butter or substitute, and  $\frac{1}{2}$  cup sugar. Cool, then add  $\frac{1}{2}$  cup sour milk or cream and the yolk of 3 and the white of 1 egg, 1 at a time, stirring after each addition but do not beat. Sift with 2 cups flour 2 teaspoons cinnamon, 1 teaspoon cloves,  $\frac{1}{2}$  teaspoon nutmeg and  $\frac{1}{4}$  teaspoon salt and stir until smooth. Turn into well greased cake tin, and bake in slow oven for 45 minutes. Cover with an orange-flavored icing made from the 2 held-over egg whites.

### Orange Icing

**B**EAT the egg whites stiff, then add a little at a time the grated rind of  $\frac{1}{2}$  an orange, and the juice of a whole orange, and stir in as much confectioners sugar as mixture requires to make a paste that will spread. Stir in a teaspoon melted butter to keep it from being too brittle, or use same amount of thick cream. Spread on top only.

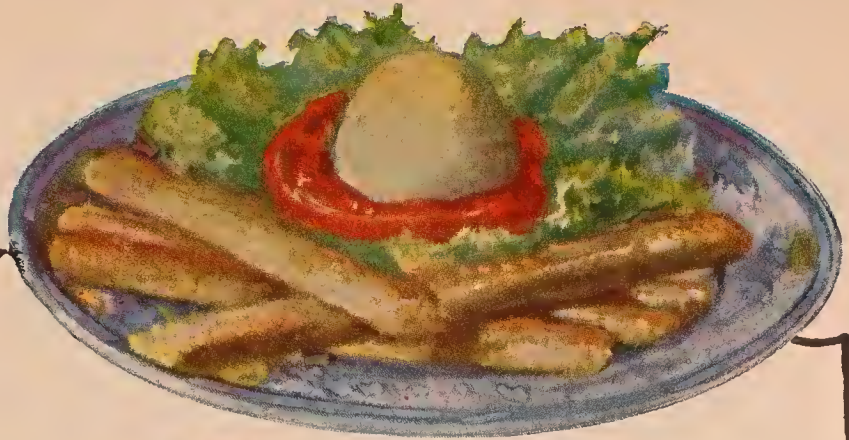
### Apple Amber

**C**OVER bottom of baking dish with  $\frac{1}{4}$  inch water. Pare, core and slice thin tart apples. Lay slices in baking dish with sugar sprinkled between the layers. Fill dish to within an inch of the top, and finish with a thick sprinkle of sugar and dots of butter. A little cinnamon or nutmeg may be sprinkled over. Bake until apples can be easily pierced with a toothpick. Leave in dish, and serve with plain or whipped cream.



# *Tested Recipes That Never Fail*

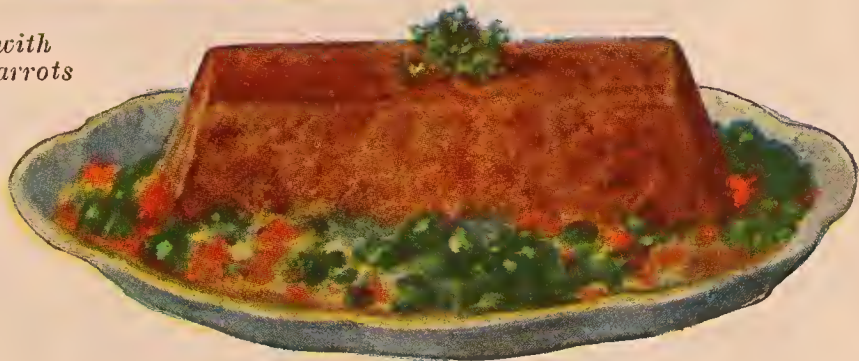
*Stuffed Egg Salad  
and  
Cheese Sticks,  
Recipe on  
page 60*



*Italian Spaghetti,  
Recipe on page 46*



*Meat Loaf with  
Peas and Carrots  
Sauce,  
Recipe on  
page 43*



*Chicken Pie,  
Recipe on  
page 8*

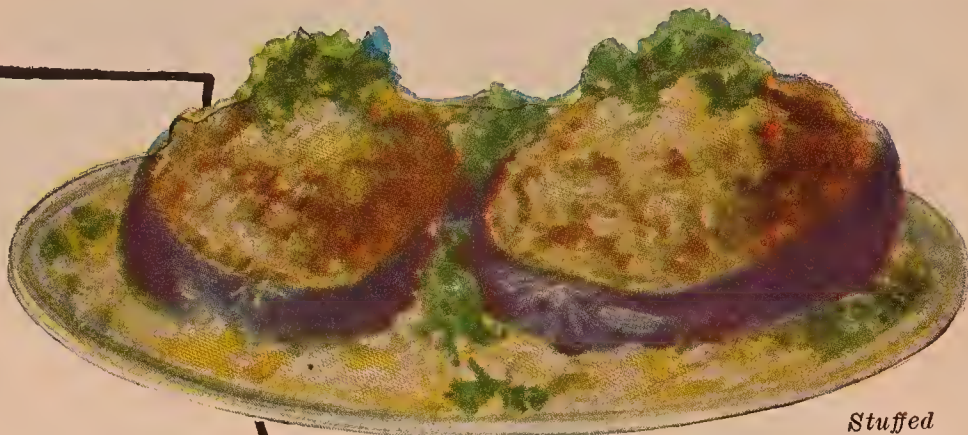




# Appetizing Recipes As They

## Delicious, Inexpensive Dishes to

All Measurements



Stuffed Eggplant

Stuffed Rice Croquettes with Tomato Sauce



Asparagus on Toast  
Recipe on page 20



Stuffed Tomato  
Recipe below



### Rice Croquettes

MIX 2 cups boiled rice with 1 slightly beaten raw egg, 1 tablespoon sugar,  $1\frac{1}{2}$  tablespoon melter butter or substitute,  $\frac{1}{2}$  teaspoon flour,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{8}$  teaspoon pepper, dash of paprika, and  $\frac{1}{2}$  teaspoon chopped parsley. Mix well, make into croquettes, let stand for an hour to harden, then roll in egg and crumbs, and fry golden brown in deep fat. If the tops of the croquettes are dented in the center with the bowl of a teaspoon before frying, a bit of currant jelly may be put in each.



# Cook When You Prepare Them

## Surprise the Family at Dinner

are Level

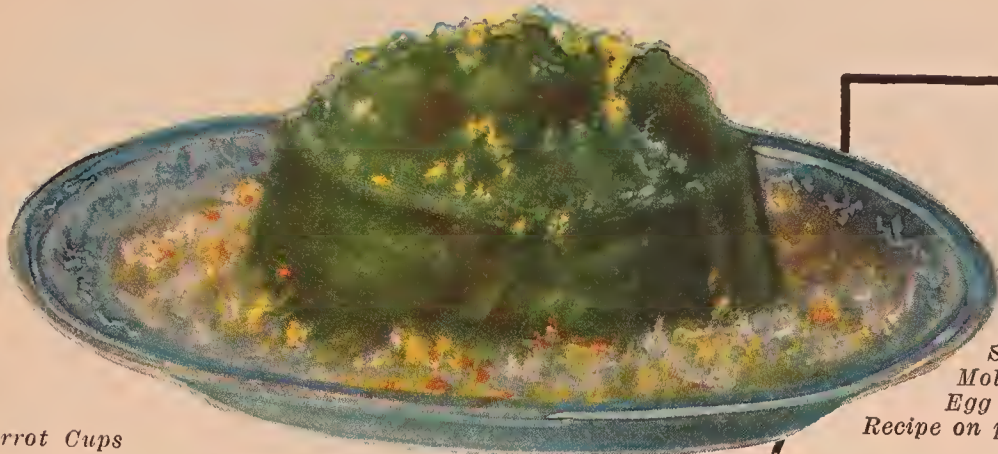
### Plant

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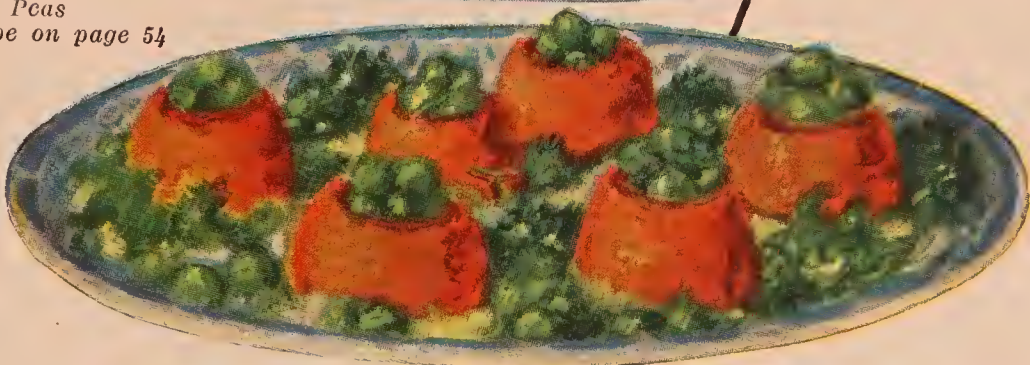
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in Toast



*Spinach  
Mold with  
Egg Sauce,  
Recipe on page 49*

*Carrot Cups  
with Peas  
Recipe on page 54*



*Baked Stuffed  
Potatoes*



### Baked Stuffed Tomatoes

**W**ASH and dry firm tomatoes of uniform size. Remove a thin slice from the stem end, remove seeds and pulp, and turn upside down to drain. To the pulp add an equal quantity of cracker crumbs which have been stirred in a pan with a little melted butter, add a little chopped onion, season with salt and pepper. Refill tomatoes with mixture, and place in a buttered tin; sprinkle with buttered cracker crumbs, and bake 20 minutes in a hot oven. Do not baste or the tomatoes will burst. When done set each on a slice of buttered toast.

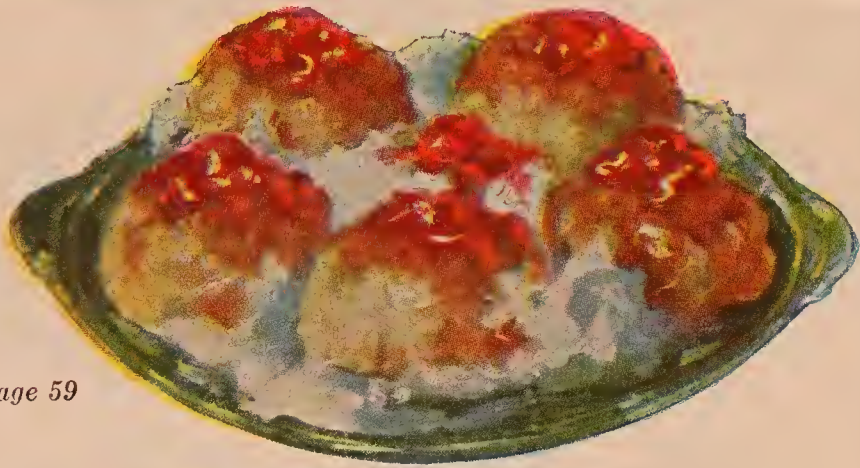




# Novel Desserts at Nominal Cost



*Grape Juice  
Sherbet and  
Rock Cakes,  
Recipes on  
page 60*



*Apple  
Dumplings,  
Recipe on page 59*

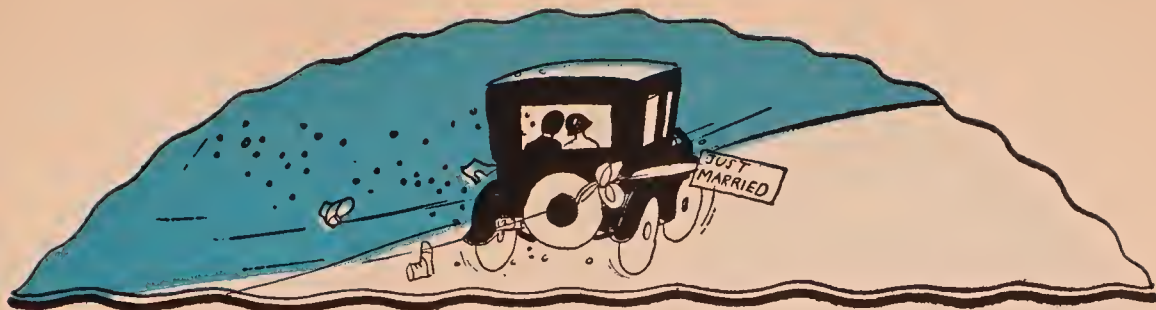


*Sweet Potatoes  
and Bananas,  
Recipe on  
page 54*



*Below—Peach and  
Cherry Cake, page 56*





## Twenty-sixth Sunday Dinner Menu

BROILED CHICKEN  
 BUTTER AND PARSLEY GRAVY  
 LITTLE BEETS ON LETTUCE LEAVES  
 LITTLE JUNE PEAS  
 LITTLE NEW POTATOES  
 STRAWBERRY ICE CREAM  
 SPONGE CAKE  
 COFFEE

### Broiled Chicken

**S**PLIT down the back, wash, wipe, and flatten out on a greased broiler, and rub soft butter over the breast. If a gas stove is used, cover chicken with a pan, and cook in oven for 20 minutes. Remove pan, turn chicken, baste with a little melted butter, cover again and cook for another 15 minutes, then turn breast upward, baste again, and brown both sides under the flame. If broiled over a coal fire, cover with pan until juice begins to drip, then turn and broil other side, covered. Remove cover and brown. Put on hot plate, and turn over the gravy made of tablespoon melted butter, teaspoon lemon juice and a little minced parsley, with pepper and salt to taste.

### Strawberry Ice Cream

**F**OR sufficient cream to serve 6 or more sprinkle 2 cups sugar over 2 quarts well washed berries. Do this in layers, first a layer of berries then a layer of sugar, and let stand over night, or until sugar is dissolved. Mash berries before sprinkling with sugar. When ready to use squeeze berries in a square of cheesecloth. Put what remains after juice is extracted in a bowl and mix with it 2 cups milk. Stir until the pulp separates from the seeds, then squeeze again through the cheesecloth rinsed thoroughly in cold water. What is left this time after squeezing can be thrown away as it will be nothing but seeds. Mix the strained berry juice and the mixed juice and milk, and add 2 cups cream which has been scalded and cooled, and sweeten to taste. Strawberry Ice Cream made with fresh fruit requires to be quite sweet. Turn into can and freeze in the usual way, using 3 parts finely chopped ice to 1 part salt, and mix sufficient to pack freezer before starting to freeze. If wished, after the cream is partially frozen, that is when the handle begins to turn stiffly, the can may be opened and  $\frac{1}{2}$  cup chopped strawberries added, then the cover put on tightly, and the freezing completed.

### Little Beets on Lettuce Leaves

**B**OIL very young beets not much larger than walnuts. Skin, chill and serve whole on lettuce leaves with any preferred dressing.

### Little June Peas

See Nineteenth Sunday Dinner.

### Little New Potatoes

See Twenty-Fourth Sunday Dinner.

### Sponge Cake

**S**EE Sixteenth Sunday Dinner. With ice cream a plain cake brings out the flavor.

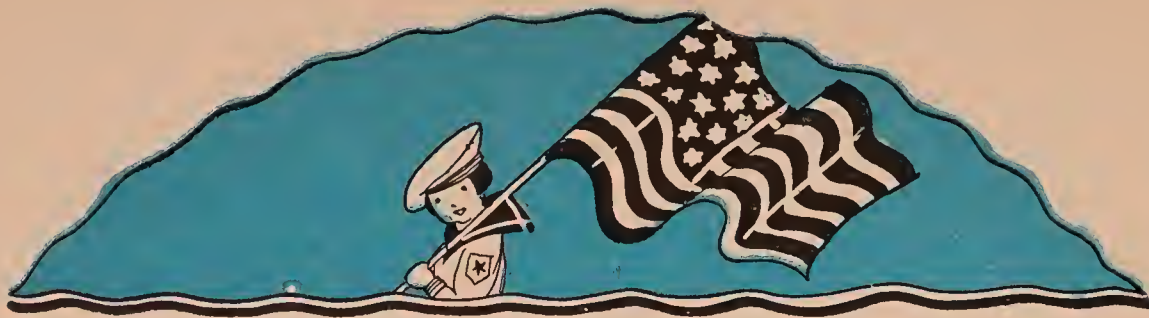
### Lemon Water Ice

**B**OIL together for 5 minutes 4 cups water and 2 cups sugar. Soak 1 teaspoon gelatine in cold water for 5 minutes, then dissolve in the hot syrup. Cool a little, then add 1 cup strained lemon juice. Turn into freezer when mixture is perfectly cold, use 3 parts ice to 1 part salt, and turn the crank slowly at first, then faster until the water ice is hard.

This is delicious dinner to serve on Independence Day as well as for a company dinner on Sunday. Everything can either be cooked completely for reheating or prepared for cooking on Saturday. Even the water ice may be made if it is repacked with ice and salt and the freezer kept in a very cold place.

### Scalloped Tomatoes

**I**F canned, use the recipe given in Extra Dishes for January. If fresh, cut in slices  $\frac{1}{4}$  inch thick after scalding off the skins. Put a layer of tomato slices in buttered baking dish. Cover with thin slices of onion and a sprinkle of chopped green pepper. Dot with butter, and sprinkle with pepper and salt. Repeat, and end with layer of tomatoes. Cover these with buttered crumbs. Pour in about  $\frac{1}{4}$  cup hot water, and bake for 30 minutes, covering for the first 10 minutes.



# July

## Twenty-seventh Sunday Dinner Menu

JELLIED CHICKEN BROTH  
CRACKERS  
CREAMED CHICKEN  
CREAM MASHED POTATOES  
STUFFED EGG PLANT, CHEESE SAUCE  
TOMATO-LETTUCE SALAD  
DINNER ROLLS  
WHITE LAYER CAKE  
LEMON WATER ICE  
COFFEE

### Jellied Chicken Broth

**T**HE bones and less meaty parts of the cold chicken may make the stock for this. Break the bones, cover with 6 cups cold water, add parsley, a small onion, and a sliced small carrot, simmer for an hour after bringing to boil. Season with pepper and salt. Strain, remove fat and dissolve in it  $\frac{3}{4}$  tablespoon gelatine which has been softened for 10 minutes in cold water. If the fat seems considerable, the hot stock should be cooled and skimmed before the gelatine is added, and will have to be reheated for the addition. Strain after reheating and before adding the gelatine. Let harden, and at serving time beat with a fork just enough to break up the jelly so that it sparkles. Serve in cups,

### Creamed Chicken

**C**UT cold cooked chicken into cubes, rejecting the skin, and gristle. Stir 2 tablespoons flour to a smooth paste with a little cold water. Add slowly  $\frac{1}{2}$  milk,  $\frac{1}{2}$  chicken stock, about a cup of each. Season with salt, pepper,  $\frac{1}{2}$  teaspoon onion juice, tablespoon chopped sweet green pepper or canned pimento, and a little minced celery or  $\frac{1}{2}$  teaspoon celery seed. When creamy stir in the chicken.

### Stuffed Egg Plant

**S**CRUB, rinse and wipe dry a well shaped egg plant. Cut in half lengthwise, and scoop out the pulp, leaving about  $\frac{1}{4}$  inch wall. Put shells in cold water. Chop the pulp, mix with equal amounts of cold meat of any kind, but preferably ham, and buttered and toasted bread crumbs. Season with salt and pepper, add 2 tablespoons hot milk and fill shells. Sprinkle tops with buttered crumbs and bake for about an hour in a moderate oven, putting a little water in the pan to keep from burning. The top may be covered for the first 20 minutes

lest it brown too quickly. Baste once with melted butter and hot water mixed.

### Cheese Sauce

**G**RATE sufficient cheese to make  $\frac{1}{2}$  cup. Make a thin white sauce of tablespoon, butter and  $1\frac{1}{2}$  tablespoon flour, stirred with a cup of milk. When creamy stir in the cheese, and season with  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{4}$  teaspoon made mustard, and a little pepper.

### White Layer Cake

**C**REAM  $1\frac{1}{2}$  cups sugar with  $\frac{3}{4}$  cup butter or substitute. Sift together 3 times  $3\frac{1}{2}$  cups flour, 5 level teaspoons baking powder. Add to first mixture alternately with  $\frac{3}{4}$  cup cold water. Add 1 tablespoon lemon flavoring and the well beaten whites of 6 eggs. Beat thoroughly, not hard but steadily. Bake in 4 layers in a moderate oven for about 20 minutes.

### Icing

**S**TIR  $1\frac{1}{2}$  cups sugar with  $\frac{3}{4}$  cup water until sugar has dissolved. Do this in the saucepan over fire. Wipe down sides of pan, cover and let syrup steam for a minute. Remove cover, add small pinch cream of tartar and boil rapidly until syrup spins a thread. Beat the white of an egg stiff, and when syrup is ready pour it into the egg in a fine, steady stream, beating all the time. Flavor with pistachio. When mixture begins to thicken considerably use between cake layers, and work quickly, as the outside coating must be applied when the icing is ready.

### Tomato-Lettuce Salad

**S**CALD, skin, chill and cut firm tomatoes into quarters. When ready to serve arrange 4 quarters in flower form on lettuce leaves, cover with boiled dressing, and sprinkle over top some of the green leaves of the lettuce shredded fine.

### Dinner Rolls

See Hot Rolls in Fourth Sunday Dinner.





## Twenty-eighth Sunday Dinner Menu

SARDINE APPETIZER  
SPANISH POT ROAST  
RIPE CUCUMBER PICKLE  
SUCCOTASH  
LETTUCE WITH YOUNG ONIONS  
RASPBERRY PIE  
ICED TEA  
SPICED CURRANTS

### Sardine Appetizer

**F**OR each portion serve 2 oblong slightly salted crackers, and on each cracker lay a small sardine, with a strip of canned pimento across both. Lightly sprinkle sardines with salt and paprika, and lay at one side of the plate half of a lemon quarter, and 2 stuffed olives.

### Spanish Pot Roast

**G**ET 3 pounds beef from the shoulder or a "goose neck," and cut it into 8 or 10 pieces. Salt and pepper each piece, and roll in flour. Put in an iron kettle or deep skillet some pieces of sweet beef suet, let these fry until they begin to brown, then put in the beef and brown on all sides. Slice over it a small onion, and a small scraped carrot, add water to cover and simmer until meat is tender which will take about 2 hours very slow cooking. Take out the meat and keep hot; add to the pot gravy 2 large tomatoes, skinned and cut in pieces, one sweet green pepper, seeded and chopped, salt and pepper to taste, and cook for 20 minutes. Thicken gravy with 2 tablespoons flour wet with cold water, and put meat back to get very hot. Serve meat in center of a large platter, with the gravy and vegetables around.

### Spiced Currants

**F**OR 5 lbs. ripe currants well picked over and washed, allow 3 lbs. sugar, teaspoon salt, a teaspoon each powdered cinnamon, cloves and allspice, and a pint of vinegar. Bring vinegar and spices to the scald, add the currants, and cook for 10 minutes. Put in jelly glasses, and cover with paraffine.

### Ripe Cucumber Pickle

**P**EEL and cut out seeds from ripe cucumbers. Cut into strips an inch wide and 2 or 3 inches long. Cook these slowly in weak brine until clear and tender, adding a bit of alum about the size of a bean to make them crisp. Make a pickle of 1 quart vinegar, 3 lbs. sugar,

some stick cinnamon broken in small pieces and a few whole cloves. Boil for 5 minutes, put in drained cucumbers, boil up once, and seal while hot, putting cinnamon and 2 or 3 cloves in each jar.

### Succotash

**U**SE young lima beans or very young string beans, as these will take the same time to cook as young corn. If older beans are used they must be par-boiled for 10 or 15 minutes in salted water before mixing with the corn. Put 2 cups beans, 2 cups corn cut from the cob in slightly salted boiling water to cover and cook for 10 minutes. Drain off water and cover with hot milk. This part of the cooking is better done in the double boiler. Cook until tender, then season with salt, pepper and butter.

### Lettuce with Young Onions

**S**KIN little green onions, cut off green tops leaving only 2 or 3 inches above the white. Lay a little bunch of onions on the lettuce leaves on each plate, and sprinkle with French dressing.

### Raspberry Pie

**R**UB 2 rounded tablespoons shortening into a cup of flour which has had a pinch of salt mixed with it. Add cold water sufficient to make a dough that can be handled. Roll out thin and line a deep pie tin. Brush bottom with white of egg. Put in a cup of ripe, well-washed raspberries, sprinkle with a scant tablespoon flour mixed with 2 of sugar, then put in another cup of berries, and repeat the sugar and flour. Make lattice strips of paste across the top, wetting edge and ends of strips to make them hold together, and make a rim of crust all around. Bake for 40 minutes in a hot oven. Serve cold or hot, with plain cream.

### Iced Tea

**M**AKE tea in the morning, strain and set the teapot or bottles in cold water until needed. Serve with slices of lemon with a clove stuck in each slice, and powdered sugar to suit the taste.



## Twenty-ninth Sunday Dinner Menu

FRUIT COCKTAIL  
 FRIED CHICKEN, CREAM GRAVY  
 POTATOES AU GRATIN  
 STUFFED TOMATO SALAD  
 HOT BISCUIT  
 FRESH PEACH ICE CREAM  
 COFFEE  
 BUTTERED BEETS  
 ANGEL FOOD

### Fruit Cocktail

**TAKE** equal parts of cherries, bananas, pineapple and fresh peaches. If cherries are out of season use raspberries. Cut all but the berries in small cubes, sprinkle with just a little powdered sugar and cover with 1 tablespoon lemon juice, added to 2 of pineapple. Have very cold.

### Fried Chicken

**H**AVE young chickens cut up in pieces of convenient size for serving. If very small, each can be cut in 4 pieces, but large ones are usually cut into 6 or more. Roll each piece in flour seasoned with pepper and salt. Drop in deep fat and fry until tender and brown. Because it will take a little time for the chicken to get done through do not have fat too hot. Use a frying basket if possible. Transfer chicken to hot platter, and turn a pan over it in the oven until done.

### Cream Gravy

**P**OUR off most of the fat from the frying pan, leaving just enough to cover the bottom. Add 2 tablespoons flour,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{4}$  teaspoon pepper, and mix well. Put over the fire, and when very hot stir in gradually 2 cups milk, and allow to cook to desired thickness. Do not cook too long, or make too thick.

### Stuffed Tomato Salad

**C**UT a thin slice from the blossom end of tomatoes. Scoop out the pulp, and mix it with finely chopped green pepper and parsley. Season with salt and pepper. Refill the tomatoes. Set in a cold place until ready to serve. Place on lettuce leaves and put boiled salad dressing, or mayonnaise on the top of each.

### Sour Cream Biscuit

**M**IX 2 cups flour,  $\frac{1}{2}$  teaspoon soda, 2 teaspoons baking powder and  $\frac{1}{2}$  teaspoon salt. Sift together twice. Work in 1 tablespoon cold butter. Stir in lightly with a fork enough sour cream to make dough just stiff enough to handle. Pat

the dough out quickly on a floured board, roll until  $\frac{1}{2}$  inch thick, cut out with a small cutter, and bake in a quick oven.

### Potatoes au Gratin

See Extra Recipes on page 7.

### Buttered Beets

**W**ASH young beets, cook in boiling water until tender, drain, plunge in cold water and remove skins. Cut in cubes, reheat in the double boiler, add salt, and 2 tablespoons melted butter.

### Fresh Peach Ice Cream

**M**AKE a boiled custard of 2 cups milk, 2-3 cup sugar, 1 teaspoon cornstarch, 2 eggs well beaten,  $\frac{1}{4}$  teaspoon salt. Mix sugar, salt and cornstarch. Add the well beaten eggs. Bring milk to scald in the double boiler, and pour it over the mixture. Put back in double boiler and stir constantly until mixture becomes thick enough to coat a spoon. Cool, flavor with 2 teaspoons vanilla extract. Add 2 cups of fresh peaches, which have been peeled and crushed with a tablespoon powdered sugar, and teaspoon lemon juice. Stir in last a cup of cream, and freeze.

### Angel Food

**B**REAK enough egg whites into a cup to fill it  $\frac{3}{4}$  full. Beat until foamy, using an egg beater. Add  $\frac{1}{2}$  teaspoon cream of tartar, then beat until stiff and dry. Add  $\frac{1}{2}$  cup sugar gradually, carefully folding it in, then add 1 teaspoon each almond and lemon extract, and finally add  $\frac{1}{2}$  cup flour, folding it in gradually. Bake in an ungreased angel-cake pan for 45 minutes. Turn pan upside down, and let the cake alone until it is cold when it will drop out.

### Glace Sweet Potatoes

**P**ARE 6 cold boiled sweet potatoes, and put in two lengthwise. Dust with pepper and salt. Melt together 2 tablespoons butter, 2 tablespoons brown sugar. Dip the pieces of potato in this, and arrange in a baking pan, bake until they are a rich brown.





## Thirtieth Sunday Dinner Menu

CHEESE AND OLIVE CANAPES  
COLD BOILED TONGUE

SCALLOPED POTATOES

GREEN PEAS BUTTERED

HOME-MADE PICKLES  
PEPPER AND CABBAGE SALAD  
NUT DRESSING

FRUIT JELLY WITH WHIPPED CREAM  
COFFEE

### Cheese and Olive Canapes

**B**EAT a cream cheese light with a little sweet cream, or cottage cheese may be prepared in similar fashion. Slightly salt and add paprika or a little cayenne. Butter square crackers, 1 for a portion, spread with the cream cheese, putting it on in a little heap with a fork, then sprinkle with finely chopped olives, plain or stuffed.

### Home-Made Pickles

**P**EEL a pint of little onions and boil for 20 minutes, then drain and cool. Break up a well soaked cauliflower, medium size, into little branches. Seed and cut up 12 green peppers, and wash well a dozen small cucumbers. Mix the vegetables, put in kettle, cover with a weak brine and let stand 2 days. Drain, cover with vinegar, cold, add teaspoon cayenne, and 3 tablespoons dry mustard wet to a paste with a little vinegar. Boil slowly for an hour, then seal while hot in glass jars, being sure that a nice mixture of the vegetables goes into each jar. Make the brine of  $\frac{1}{2}$  gallon boiling water and a pint of salt, and add a piece of alum the size of a walnut.

### Fruit Jelly with Whipped Cream

**D**IP a ring mold in ice water, then turn in enough raspberry gelatine, dissolved in boiling water, to fill mold  $\frac{1}{2}$  full. When jelly is firm fill mold with washed and dried ripe raspberries, and turn in the rest of the jelly. When firm turn out on flat plate, fill center with raspberries, and garnish outer part of ring with marshmallows cut in halves. Serve with whipped or plain cream.

### Cold Boiled Tongue

**W**ASH well a smoked beef tongue, and soak over night. Do this on Friday. On Saturday cover tongue after rinsing with boiling water, and put in with it a carrot, a turnip and an onion,

all of medium size. Stick 4 cloves in the onion. Simmer gently for  $4\frac{1}{2}$  hours. Let the tongue cool in the water in which it was boiled. When cold take off skin, and cut away the unsightly parts which can be ground up for Devilled Tongue. When ready to serve garnish dish with sliced olives, hard-boiled egg cups, and little cucumber pickles.

### Scalloped Potatoes

**P**EEL  $\frac{1}{2}$  dozen medium size potatoes, and slice thin. Put a layer of potatoes in a buttered baking dish, sprinkle with pepper, salt and a little chopped parsley. Dot with a tablespoon of butter broken in small pieces. Then put in another layer of potatoes and repeat. Do this until all the potatoes are used and the dish nearly filled. Now pour in a little milk until it just shows through the potatoes. Dot top with butter, and set in oven at moderate heat, and bake for an hour. Longer will not do damage. In fact they can bake slowly while the housekeeper is at church, provided the fire is properly adjusted.

### Green Peas Buttered

**C**OOK until tender green peas, slightly salting and peppering the water, and adding to it a teaspoon of sugar. When peas are done, drain, put in double boiler, add a tablespoon butter. Shake peas until all are buttered, slightly salt and pepper, and serve with the addition of a little minced parsley.

### Pepper and Cabbage Salad

**W**ASH and soak in slightly salted water 1 small white cabbage cut in quarters. Seed 2 sweet green peppers and cut in fine shreds. Chop cabbage after draining. Mix with mayonnaise to which has been added a cup of chopped peanuts. Boiled Dressing may be used instead of mayonnaise. For Mayonnaise see Tenth Sunday Dinner. For Boiled Dressing see Second Sunday Dinner.



# August

## Thirty-first Sunday Dinner Menu

SLICE OF HAM BAKED IN MILK  
 GLAZED SWEET POTATOES  
 CANNED ASPARAGUS TIPS, FRENCH DRESSING  
 SALT CRACKERS  
 ESCALLOPED TOMATOES  
 CREAM CHEESE  
 CHARLOTTE Russe  
 COFFEE

### Ham Baked In Milk

**C**UT the fat from a slice of ham  $1\frac{1}{2}$  inches thick. Chop fat fine and mix with brown sugar. Cover the top of the ham with the mixture, put in baking pan and turn in a cup of milk. Cover and bake for 20 minutes, then uncover and bake for 40 minutes longer, adding more milk if the first cooks away. If the ham is very salty freshen by soaking in cold water for an hour. For a small family this is a more economical dish than boiling and baking a whole ham or even half a one, and the flavor is quite as delicious. If desired small potatoes, or larger potatoes cut in quarters may be put around the ham, more milk being put in the pan, and baked with it.

### Glazed Sweet Potatoes

**W**ASH 6 medium size sweet potatoes. Cook 10 minutes in boiling water. Have the water boiling when they are put in. Pare, cut in half lengthwise, and put in a buttered pan. Make a syrup by boiling together for 3 minutes  $\frac{1}{2}$  cup sugar, 4 tablespoons water and 1 tablespoon butter. Brush the potatoes with the syrup and bake for 40 minutes, basting with the remaining syrup.

### French Dressing

See Ninth Sunday Dinner.

### Salt Crackers and Cream Cheese

**S**ET the crackers in a tin pan in oven to crisp while the main part of the dinner is being eaten. Leave the oven door open, or if it is a gas oven turn off the flame and shut oven door. Moisten cream cheese with a little melted butter or cream, and form into balls the size of walnuts. Serve plain or roll in chopped nuts. The crackers and cheese are to be served with the Asparagus Tips Salad.

### Escalloped Tomatoes

**D**RAIN off about half the liquid from a quart can of tomatoes. Heat, season with 1 teaspoon salt, 2 teaspoons sugar, 2 tablespoons butter, reserving  $\frac{1}{2}$  tablespoon. Put in baking dish, cover top with a cup dry bread crumbs which have been stirred in the skillet with the  $\frac{1}{2}$  tablespoon butter, and bake until crumbed top is a good brown. If liked, a tablespoon minced onion may be heated with the tomato.

### Canned Asparagus Tips

**R**INSE the tips with cold water, drain, arrange 5 or 6 on 2 small lettuce leaves or a slice of tomato for a portion and sprinkle over them French Dressing.

### Charlotte Russe

**C**OVER 1 tablespoon gelatine with  $\frac{1}{4}$  cup cold water and soak for 10 minutes, then dissolve in  $\frac{1}{2}$  cup scalding hot milk. Stir until the gelatine disappears, then strain into a bowl and add  $\frac{1}{2}$  cup powdered sugar and a teaspoon vanilla extract. Set bowl in pan of ice water and stir continuously until mixture begins to thicken, then fold in 1 pint whipped cream, a third at a time. Line a mold or glass dish with split lady fingers, the crust outward, and fill center with the cream. Serve with raspberries.

### Mock Cream for Fresh Fruit

**B**RING to scald in double boiler a cup of milk. Beat the whites of 2 eggs with a tablespoon powdered sugar and a scant teaspoon butter, creamed until soft enough to beat. Mix a teaspoon cornstarch with  $\frac{1}{2}$  cup cold milk, add to the egg whites, and stir all with the hot milk. Cook until mixture thickens, strain and cool. It should be of the thickness of real cream. If too thick thin with a little real cream or milk. This can be used plain or can be flavored, and is very useful when real cream is not on hand, or has perhaps soured.





## Thirty-second Sunday Dinner Menu

ICED CANTALOUPE  
AMERICAN CHOP SUEY  
CREAMED CORN  
CELERY AND COLE SLAW, SOUR CREAM DRESSING  
BLACKBERRY PIE AND CHEESE  
COFFEE  
STUFFED BAKED POTATOES

### Iced Cantaloupe

CUT medium sized melons into 4 slices each, cut off rind and remove seeds. Serve a slice for a portion, ice cold.

### American Chop Suey

PUT through the food chopper 1¼ lbs. round steak, ¼ lb. pork. Chop separately 1 medium sized onion, 1 quart cooked macaroni, and use either 1 pint canned tomatoes, or 1 pint freshly stewed tomatoes which have been skinned before stewing. Put in a casserole, buttered, a layer of the meat, which can be mixed, then a layer of onion, followed by a layer of macaroni, and turn in a little of the tomato. Repeat, seasoning each layer with a little salt and pepper, until casserole is filled. Cover top with strips of pie crust, or with buttered crumbs, and dot with butter. Bake in a moderate oven for 1¼ hours. Longer and slower baking will not injure this dish, so it can be arranged to cook slowly while the housewife and her family are at church.

### Celery and Cole Slaw

SHRED fine a small solid head of cabbage, and ¼ as much celery, or use all cabbage and add ½ teaspoon celery seed to the dressing.

### Sour Cream Dressing

See Nineteenth Sunday Dinner.

### Blackberry Pie

MAKE a crust of the following ingredients: 1 cup sifted flour, sifted with ½ teaspoon salt, then 1 heaping tablespoon pure lard or any preferred shortening first cut into the flour, then rubbed until as fine as meal between the palms of the hands. Wash the hands first with hot water, then with cold, and have them as cold as possible before rubbing the shortening with the flour. Add just enough ice water, slowly, to hold the ingredients together. Roll out with as little handling as possible, and line a deep pie tin, reserving some of the dough to make a rim after the pie is filled. Brush bottom with the white of

egg to prevent juice from soaking into it and making it soggy. Put in a layer of ripe, well washed blackberries, sprinkle with a tablespoon sugar and a teaspoon flour, then fill plate with the rest of the berries, sprinkle well with sugar mixed with a tablespoon flour. Dot top with bits of butter. Wet edge of paste, and either roll out reserved paste and cover pinching edges well together and cutting slits in the top to let the steam escape while cooking, or make a lattice top of strips of the paste cut ¾ inch wide, then complete edge with a rim of the paste. Bake for 40 minutes in rather hot oven. Serve hot with cheese, or cold with cream, and before serving sprinkle granulated sugar over the top through a tea sifter.

### Stuffed Baked Potatoes

(Recipe on page 33)

### Quick Cake Dessert

CREAM ½ cup butter or substitute with 1½ cups sugar. Sift 4 teaspoons baking powder with 3 cups flour 3 times, and be sure to sift flour before measuring. Beat 2 eggs with a cup of milk, add to sugar and butter alternating with the flour, and flavor with a teaspoon vanilla. Bake for 25 to 30 minutes in oblong pan. Cut in squares when cold and serve with Caramel Sauce.

### Caramel Sauce

MIX 2 tablespoons flour and 1½ cups sugar. Stir over fire until melted to a golden brown, being very careful not to scorch. Keep stirring without cessation. Add 1½ cups boiling water and 2 tablespoons butter and stir until the mixture thickens, then take from fire, flavor with teaspoon vanilla extract and use hot on cold cake.

### Hot Chocolate Cream Sauce

THIS is also delicious to use with the above cake. Melt in double boiler tablespoon butter, ½ cup grated unsweetened chocolate. When melted add 1 cup light brown sugar, and let this melt, then fold into the hot chocolate 1 cup whipped cream and use as soon as possible.



## Thirty-third Sunday Dinner Menu

TOMATO BOUILLON  
GRAHAM ROLLS  
FRICASSEED CHICKEN  
CORN ON THE COB      SWEET PICKLES      FLAKED POTATOES  
HEAD LETTUCE WITH CHEESE DRESSING  
AUGUST APPLE PUDDING  
COFFEE

### Tomato Bouillon

**C**OOK enough fresh tomatoes with 1 sliced onion to make 2 cups juice. Add this to a quart can of bouillon, or 3 cups boiling water with 2 bouillon cubes dissolved in it. Season with salt, pepper and a teaspoon of sugar. Strain and serve hot with the Graham rolls.

### Graham Rolls

**S**IFT together 3 times, a pint Graham flour, cup white flour,  $\frac{1}{2}$  teaspoon salt and 2 teaspoons baking powder. Chop in first, then rub in until like meal 2 tablespoons lard or any preferred shortening, and mix to a dough with  $1\frac{1}{2}$  cups milk. It may require a little more or a little less liquid as flours differ in density. Flour the bread board, turn out dough, work lightly, then make a long roll, which cut into pieces the size of an egg and form into rolls, about 2 inches wide, 3 or 4 inches long. Brush with melted butter, and bake in greased pan.

### Fricasseed Chicken

**A** PLUMP fowl is best for this dish as it has more flavor than the younger chickens. Cut it in convenient size pieces for serving. Wash and wipe dry. Cut  $\frac{1}{4}$  lb. fat salt pork into dice and fry out the fat. Take out pork, flour the chicken, and fry a light golden in the pork fat, only a few pieces at a time. Put a layer of the fried chicken in the bottom of a deep saucepan, sprinkle with a little onion, pepper and salt. Repeat until all the chicken is in, and 1 small onion has been used. Cover with boiling water and cook slowly until chicken is tender. The time depends upon the age of the chicken. A tough fowl will take all of 3 hours. When nearly done put in the pork dice which were fried. And when thoroughly done remove chicken to hot dish, keep warm in oven, then thicken the gravy with 4 tablespoons butter or chicken fat and 4 tablespoons flour. Stir until creamy, put the chicken back into the gravy and heat all very hot. Put chicken on dish, turn gravy over it and sprinkle with chopped parsley.

### Flaked Potatoes

**G**ET potatoes as perfect as possible, large, white and free from blemishes. Boil in their skins in salted water until fully done. Drain, dry, then peel. Rub through coarse sieve onto a hot plate.

### Corn on Cob

(See page 64)

### Head Lettuce

**G**ET small firm heads, pull off outer leaves. Soak in cold water, and when almost ready to use, pull apart, arrange individual portions, and put a spoonful of dressing on each.

### Cheese Dressing

**G**RATE sufficient cheese to make a cup. Stir it into a cup of any mayonnaise, season with celery salt and paprika.

### Sweet Pickles

**P**UT in 4 cups cider vinegar 1 lb. sugar, 1 teaspoon each whole allspice, white mustard seed, celery seed and powdered cinnamon. Cover the vinegar and boil for 15 minutes, pour over 7 lbs. very small cucumbers which have been well washed and dried. Let cool, then bring to boil and put in jars and seal.

### August Apple Pudding

**U**SE for this the sweet yellow apples which come in August and have such a wonderful flavor. Any other kind of apple may be used but these are the best. Peel, core and chop fine sufficient to make a pint. Make a rich dough of 1 quart flour, sifted with  $\frac{1}{4}$  teaspoon salt, 3 teaspoons baking powder, rub in 2 tablespoons butter or substitute, and add sufficient milk to make a dough that can be rolled. Roll into an oblong, spread with the chopped apples, sprinkle with sugar and a little cinnamon or nutmeg. Roll up and pinch the ends together after wetting with cold water. Put in a buttered baking dish, put in with it a cup of hot water, a cup of sugar and 2 tablespoons butter. Bake until well browned, basting with the pan syrup.





## Thirty-fourth Sunday Dinner Menu

GRAPE JUICE  
MEAT LOAF, PEAS AND CARROTS SAUCE  
MASHED POTATOES  
PARKER HOUSE ROLLS  
CHEESED CAULIFLOWER  
LETTUCE AND CUCUMBERS WITH THOUSAND ISLAND DRESSING  
RASPBERRY SHORT CAKE WITH MERINGUE, SAND COOKIES  
COFFEE

### Grape Juice

**S**ERVE diluted in tall slender glasses with 1 or 2 Maraschino cherries to each glass. Instead of diluting the juice with water half fill glasses with ice.

### Meat Loaf

**A**NY of the cheaper cuts of lean beef may be used for this. Put 3 lbs. cut in small pieces, through the food chopper with  $\frac{1}{2}$  lb. fat salt pork. Mix with 2 cups fine dry bread crumbs, 2 eggs, teaspoon onion juice, teaspoon salt,  $\frac{1}{2}$  teaspoon pepper, and  $\frac{1}{2}$  cup of milk, possibly a little more, to make a very stiff batter. Butter bread pan, preferably a glass oblong one, and sprinkle with fine crumbs, then put in the batter. Bake in a slow oven for 2 hours. When ready to serve unmold and surround with the Peas and Carrots Sauce.

### Peas and Carrots Sauce

**S**CRAP and cut 2 medium size carrots into dice, and shell a pint of peas, then cover the two, mixed, with boiling water, add teaspoon sugar,  $\frac{1}{2}$  teaspoon salt and pepper to taste. Cook until carrots are soft enough to mash. Drain, but keep the water, and keep vegetables hot in double boiler. To a cup of the water in which they were cooked add a cup of milk. Thicken with tablespoon flour mixed with tablespoon butter and put with carrots and peas, heating hot.

### Cheesed Cauliflower

**S**OAK a cauliflower in salted water for an hour. Cook until tender in salted water to cover to which  $\frac{1}{2}$  cup milk is added to keep the cauliflower white. When tender, drain and break into branches. Make a thick white sauce of cup milk, 2 tablespoons butter and 2 of flour. Grate sufficient cheese to make a  $\frac{1}{2}$  cup, and mix with  $\frac{1}{2}$  cup fine dry bread crumbs. Butter baking dish, sprinkle in a scant layer of the cheese and crumbs, put in the cauliflower, turn in the sauce, then sprinkle top thick with the remaining cheese and crumbs. Dot with butter,

sprinkle with pepper and salt, and bake in hot oven from 15 to 20 minutes or until top is well browned.

### Mashed Potatoes and Parker House Rolls

(See page 9)

### Raspberry Short Cake with Meringue

**C**REAM 2 tablespoons butter or substitute with a cup of powdered sugar. Beat the yolks of 3 eggs and the whites of 2 until well mixed, add to them 4 tablespoons of cream and beat again, then beat with the butter and sugar. Sift a cup of pastry flour with  $\frac{1}{4}$  teaspoon salt and teaspoon baking powder, then add to the rest and stir, not beat, to a smooth batter. Bake in 2 layer-cake tins in a hot oven for 15 or 20 minutes. Tip out of tins and let cool. Have ready a quart of ripe raspberries, well washed, and sugared with powdered sugar, about  $\frac{1}{2}$  cup to the quart for they must not be too sweet. Spread a thick layer between the cakes, mashing a little to make them stay in place. Beat the held-over egg white to a stiff meringue with a tablespoon powdered sugar. Flavor with teaspoon vanilla. Pile this on top of the short cake, then drop the whole berries around and over the meringue.

### Lettuce and Cucumbers

(See page 56)

### Thousand Island Dressing

See Eighteenth Sunday Dinner.

### Sand Cookies

**C**REAM  $1\frac{1}{2}$  cups granulated sugar with cup butter or substitute. Half and half shortening and butter may be used. Add 2 beaten eggs, 2 cups flour sifted with 1 scant teaspoon soda and 2 teaspoons baking powder, and 1 cup sour cream. Stir well, add more flour to make a dough that can be rolled out. Flavor with grated nutmeg and teaspoon orange extract. Roll out, cut in small circles, and sift over each some granulated sugar. Bake 8 or 10 minutes in hot oven.



## Thirty-fifth Sunday Dinner Menu

HAM SANDWICHES

FRUIT SALAD, PINEAPPLE MAYONNAISE

SPICE LAYER CAKE

PEANUT COOKIES

STUFFED DATES

OLIVES

SALTED NUTS

HOME-MADE CANDY

HOT COFFEE

COLD FRUIT PUNCH

### Ham Sandwiches

**S**ERVE boiled ham for Saturday dinner. Run through the food chopper sufficient of the lean bits to make 3 or 4 cups. Mix with a good mayonnaise or boiled dressing, or with Thousand Island Dressing. Spread between slices of buttered bread.

### Grated Cheese Sandwiches

**G**RATE the cheese, moisten with a little mayonnaise, or with melted butter and chili sauce, and put between buttered slices of whole wheat or nut bread.

### Thousand Island Dressing

See Eighteenth Sunday Dinner.

### Nut Bread

See Second Sunday Dinner.

### Fruit Salad

**U**SE canned pineapple cut in cubes, oranges cut in small pieces, raspberries if in season and a few Maraschino cherries. Arrange in salad bowl, and turn over Pineapple Mayonnaise. Have a bowl of crisp lettuce lightly sprinkled with French Dressing, and when serving put a leaf or two of lettuce on the individual plate, add some of the fruit and Pineapple Mayonnaise.

### Pineapple Mayonnaise

**M**IX 2 tablespoons sugar with 2 tablespoons flour, beat well with the yolks of 2 raw eggs. Heat the juice from a quart can of pineapple in the double boiler. When hot stir in the sugar etc. mixture. Cook until thick, add the juice of  $\frac{1}{2}$  lemon and  $\frac{1}{4}$  teaspoon salt. When chilled, just before serving add 1 cup whipped cream.

### Spice Layer Cake

**C**REAM 2 cups brown sugar with  $\frac{1}{2}$  cup butter or substitute; beat well the yolks of 2 eggs and add. Sift 3 times  $2\frac{3}{4}$  cups flour with 1 teaspoon each cinnamon, cloves, allspice, nutmeg and soda. Add to the first mixture alternating with 1 cup sour milk. The batter will be quite stiff. Bake in 4 layers, and put together

with a boiled icing made with the egg whites, powdered sugar, nuts and raisins.

### Bolled Icing for Spice Cake

**M**ELT  $\frac{1}{2}$  lb. marshmallows in double boiler. Cook to the thread 1 cup sugar, 2 tablespoons water. Beat the white of an egg stiff. Turn the hot syrup on the egg white, add the melted marshmallows. Spread on top of the cake.

### Filling for Spice Cake

**B**EAT the other egg white stiff, add  $\frac{1}{2}$  cup powdered sugar,  $\frac{3}{4}$  cup chopped raisins,  $\frac{3}{4}$  cup chopped walnut meats, 2 tablespoons lemon juice. Mix, spread.

### Salted Nuts

**A**MIXTURE of large peanuts and almonds is good. Blanch the almonds by soaking in boiling water for 5 minutes, then drop in cold water and slip off the skin. Rub off the inner red skin from the peanuts. Beat the white of an egg. One white will be sufficient for a pound of nuts. Drop nuts in this, sprinkle with salt, and brown in hot oven.

### Peanut Cookies

**B**EAT together until creamy  $\frac{1}{2}$  cup each butter and sugar, beat with the mixture 2 eggs. Add 1 cup chopped raw peanuts, tablespoon lemon juice. Sift with 2 cups flour, 2 teaspoons baking powder, pinch of salt, add to first mixture with  $\frac{1}{2}$  cup milk. Drop by teaspoonfuls on greased paper, bake from 8 to 10 minutes in hot oven.

### Fruit Punch

**B**OIL a quart water with cup of sugar for 5 minutes. Chill. Add a can of grated pineapple, the juice of 5 lemons and 2 cups ice water. Have on hand a bowl of ripe berries, strawberries or raspberries. When serving the punch, put 1 or 2 in the punch cup.

### Stuffed Dates

**R**EMOVE stones from good sized dates. Fill cavity with walnut meat, peanuts or pecans; roll dates in sugar.





# September

## Thirty-sixth Sunday Dinner Menu

BULWARK POTATOES

CHICKEN POTPIE

STEAMED SQUASH

SWEET APPLE PICKLE  
FRESH PEACH SALAD WITH MAYONNAISE  
SODA BROWN BREAD  
DATE TART  
COFFEE

### Chicken Potpie

CUT up a fat fowl into serving pieces. Wash in salt and water. Put in pot which has a close-fitting cover, add  $\frac{1}{4}$  lb. fat salt pork cut in cubes, and cover with water. Put on the pot lid, and cook until chicken is tender. Turn off pot liquor, season it with salt and pepper, and thicken it with 2 tablespoons flour blended with 2 tablespoons butter or chicken fat. Add  $\frac{1}{2}$  cup rich milk, and turn back with the chicken, cooking until it is sufficiently thick. Have ready rich biscuit dough, roll out, about  $\frac{1}{2}$  inch thick. Cut in small rounds. Lay these closely over the top of the chicken, put on the pot lid, and a thick towel over that and boil without stopping for 20 minutes, then serve as soon as possible.

### Bulwark Potatoes

THESE can be prepared on Saturday and browned on Sunday. Make a thick white sauce of 3 tablespoons flour, 3 tablespoons butter or substitute and 2 cups rich milk, season with pepper and salt. Slice into this sauce 4 medium size cold boiled potatoes, and add tablespoon chopped parsley. Cook 5 minutes. Butter an oval China mold or bowl and turn the prepared potato into it, pressing it down firmly, and set away for over night, or for several hours. Half an hour before dinner time turn the potatoes out on a fire-proof platter, brush with melted butter, and sprinkle with grated cheese, set in a hot oven until browned all over.

### Sweet Apple Pickle

USE small tart apples. Pare, core and cut in quarters or eighths. For every 4 cups fruit allow 2 cups cider vinegar, and 1 cup sugar,  $\frac{1}{2}$  ounce stick cinnamon, 1 tablespoon whole cloves, 1 tablespoon whole allspice. Let this come to a boil, pour hot over fruit. Repeat 3 times in 3 days, then heat hot and seal in glass jars.

### Steamed Squash

PAPE, remove seeds, cut in pieces and steam until tender. Mash in a colander so that whatever water remains may be drained off, add tablespoon butter, pepper and salt to taste. Time for steaming is about 40 minutes.

### Fresh Peach Salad

DROP firm ripe peaches in boiling water, strip off skin, and put aside to chill, sprinkling with lemon juice. Cut each peach in half, fill each half with a mixture of chopped nuts and cream cheese. Put the halves together to look like a whole peach, 1 for a portion, on lettuce leaves, and garnish with thick mayonnaise, or serve halves side by side, hollow side up, and put a ball of cream cheese, mixed with and rolled in chopped nuts into each half, then a spoonful of mayonnaise over all.

### Soda Brown Bread

MIX with sifting 1 pint cornmeal, yellow or white, 1 cup white flour, 1 cup rye flour and a teaspoon salt. Mix again with  $\frac{1}{2}$  cup molasses, enough sour milk to make a thick batter, and add teaspoon soda dissolved in a tablespoon warm water. Beat well, turn into well greased pans. This amount will make 2 small loaves; bake in a moderate oven for 90 minutes. Of course this will be baked on Saturday.

### Date Tart

BEAT the yolks and whites separately of 3 eggs. Beat a cup of granulated sugar with the yolks, then a cup of stoned and finely chopped dates, and a cup of finely chopped English walnuts. Flavor with a teaspoon vanilla extract, and fold in the stiffly beaten egg whites. Turn into angel-cake tin, and bake for 25 minutes in a moderate oven. Serve covered with whipped cream.

WOMAN'S WORLD BOOK OF SUNDAY DINNERS



## Thirty-seventh Sunday Dinner Menu

### BEEFSTEAK PIE

### ITALIAN SPAGHETTI

### BRUSSELS SPROUTS

### CELERY, LETTUCE AND CHEESE SALAD

### RICE PUDDING

### RAISIN CAKE

### COFFEE AND TEA

#### Beefsteak Pie

**T**HE following ingredients will make a pie sufficient to serve 6 or 7 persons. Have 3 pounds round steak cut in 2-inch lengths. Parboil for 30 minutes in water to cover. While the meat is cooking prepare a nice rich crust with 2 cups flour sifted twice with 1 teaspoon baking powder,  $\frac{1}{2}$  teaspoon salt; rub into this 1 cup lard or any preferred shortening. Some cooks think the crust of a beefsteak pie should always be made with clarified beef drippings. Line baking dish with this crust, rolled thin after being wet with a very little ice water or cold milk. Lay in some of the steak which has been allowed to cool, sprinkle with salt and pepper, repeat until all the meat is used. Slightly thicken the water in which steak was boiled, with butter and flour and turn into dish. Cover with crust, cut slits in top to let off the steam, and bake 1 hour in moderate oven. This pie is even nicer for being reheated, so can be made on Saturday.

#### Italian Spaghetti

**F**OR 6 or 7 people cook 1 package spaghetti for 15 minutes in salted water. Drain, put in baking dish, buttered, a sprinkle of dry bread crumbs, then a layer of spaghetti. Cover it with scalded, peeled and cut-up tomatoes, dot these with butter and sprinkle with pepper, salt and chopped green pepper. Put in another layer of macaroni, sprinkle with a little minced onion, then tomato, butter, pepper and salt. No peppers this time. Cover with buttered crumbs mixed with grated cheese, and bake for 40 minutes in moderate oven. This dish can be baked at the same time as the beefsteak pie, and like it can be reheated without spoiling flavor. If it seems dry on Sunday add  $\frac{1}{2}$  cup tomato juice or boiling water when reheating.

#### Brussels Sprouts

**S**OAK the sprouts for  $\frac{1}{2}$  hour in slightly salted water. Drain, cover with boiling water, add teaspoon salt and cook for 20 or 25 minutes. Drain and serve with

a little thin white sauce, or put in double boiler with a little melted butter, pepper and salt, and stir until all are lightly buttered. Cooked in this way they are delicious with a little vinegar or lemon juice, to be added to suit the individual taste.

#### Celery, Lettuce and Cheese Salad

**P**UT on each individual plate 2 or 3 small heart leaves of lettuce, and on these a pile of scraped celery cut in 3-inch lengths then these split into straws and kept in ice water until wanted. When almost ready to serve shake off moisture from lettuce, drain and arrange celery, then grate sharp cheese over both and sprinkle with French Dressing.

#### Rice Pudding

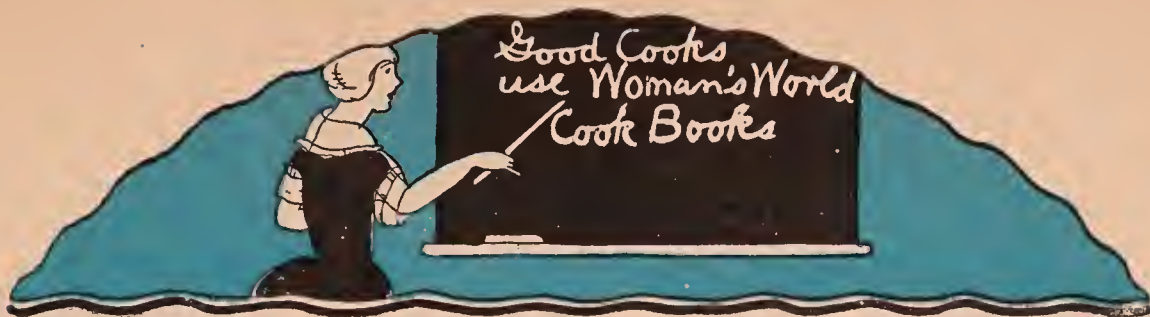
**W**ASH  $\frac{1}{4}$  cup rice, put in buttered pudding pan with  $\frac{1}{4}$  cup granulated sugar, tablespoon butter, teaspoon powdered cinnamon,  $\frac{1}{4}$  teaspoon of salt and 3 pints milk, as fresh as possible. Bake in moderate oven for  $1\frac{1}{2}$  to 2 hours, and stir until it begins to boil, then let it form a rich brown crust over the top. This pudding will be like cream, and is to be served very cold, therefore should be made the day before. A  $\frac{1}{4}$  cup seeded raisins may be added, but it is delicious plain. Served with Raisin Cake no raisins needed.

#### Raisin Cake

**C**REAM 1 cup butter or substitute, or  $\frac{1}{2}$  butter, half lard, with 1 cup sugar. Sift 2 cups flour with 2 teaspoons baking powder,  $\frac{1}{4}$  teaspoon salt, teaspoon nutmeg. Add to the butter and sugar mixture, alternating with 1 cup milk. Beat 2 eggs and add, and finally 1 cup seeded raisins, or the seedless kind, whichever is convenient, flouring the fruit lightly before adding to the cake batter. Stir all thoroughly, do not beat, turn into cake pan which has been greased, then a little flour shaken in it, the surplus being shaken out. Bake in moderate oven for 45 minutes. Do not frost, just shake a little powdered sugar over the top.

WOMAN'S WORLD BOOK OF SUNDAY DINNERS





## Thirty-eighth Sunday Dinner Menu

KENTUCKY POTATOES

OYSTER SOUP  
VEAL LOAF  
LETTUCE SALAD, RUSSIAN DRESSING  
CREAM CHEESE AND CRACKERS  
SYRUPED FIGS WITH NUT MEATS  
COFFEE

LIMA BEANS

### Oyster Soup

FOR this to make sufficient for 6 portions a quart of freshly opened oysters, or a quart can of oysters will be required. If fresh opened pick over for bits of shell, rinse, strain liquor. Cook either the fresh or canned in their own liquor until plump, skimming off the scum that rises. Bring a quart fresh milk to the scald in the double boiler, stir with it 2 tablespoons butter, 1 teaspoon salt, a few blades of mace, and pepper to suit the taste. Add the oysters, heat hot and serve with oyster crackers. If a thicker soup is desired stir with the milk 2 tablespoons cracker dust, or thicken with tablespoon flour mixed with the 2 tablespoons butter.

### Veal Loaf

PUT 3 pounds lean veal through the food chopper with  $\frac{1}{4}$  pound fat salt pork. Crumb stale bread very fine, rolling it on the bread board with a rolling pin. Crust and all can be used if dry enough to powder well. Mix the crumbs, of which there must be 2 cups, with the meat, add 1 egg beaten with a pint of milk, a tablespoon melted butter, salt and pepper to suit the taste. Make into a roll or pack in bread pan, and bake for  $1\frac{1}{2}$  hours, basting once or twice with a little melted butter and hot water, seasoned with pepper and salt. The loaf may be served plain or with Tomato Sauce.

### Tomato Sauce

HEAT hot  $1\frac{1}{2}$  cups cooked tomato juice. The juice from canned tomatoes is all right to use. Add to it  $\frac{1}{2}$  teaspoon onion juice, salt and pepper to taste, and 2 tablespoons butter blended with 2 tablespoons flour. Stir over boiling water until thick. Serve either poured around the Veal Loaf, or separately in sauce boat. A tablespoon minced green pepper, or minced parsley makes a nice addition to this sauce.

### Kentucky Potatoes

PARING and slice thin raw potatoes. Butter baking dish, put in a layer of potatoes, sprinkle with salt, pepper and  $\frac{1}{2}$

teaspoon minced onion, then dot with butter, and sprinkle with tablespoon, scant, of flour. Repeat until dish is filled. Turn in a quart of milk, heated, and bake 45 minutes in moderate oven. The onion may be omitted.

### Lima Beans

LIMA beans are at their best in September. Cook for an hour in salted water. Drain and season with butter, pepper and salt.

### Lettuce Salad with Russian Dressing

GET small heads of lettuce. Pull off outer leaves, soak heads in slightly salted ice water until almost ready to serve, then cut each head in quarters or halves, according to their size, and serve a half or a quarter as a portion with some of the Russian Dressing.

### Russian Dressing

ADD to a cup of mayonnaise a canned pimento chopped fine, teaspoon vinegar,  $\frac{1}{2}$  cup salad oil, teaspoon sweet green pepper, minced,  $\frac{1}{2}$  teaspoon paprika,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{2}$  cup chili sauce. Beat the oil with the mayonnaise first, then the chili sauce and the rest. Let stand in the refrigerator several hours or over night to thicken.

### Syruped Figs with Nut Meats

SOAK a pound of dried figs over night. Next day cook slowly until tender in water to cover, allowing for their swelling, add a cup of granulated sugar and tablespoon lemon juice. Cook until the liquid is a thick syrup and the figs look translucent. Add 1 cup broken nut meats, either hickory, walnut or pecans. Serve very cold with whipped cream. A cup of cream will make ample whip for 6 portions.

### Stuffed Dates

REMOVE stones from good sized dates. Fill cavity with walnut meat, pecan nuts or pecans; roll dates in granulated sugar.

WOMAN'S WORLD BOOK OF SUNDAY DINNERS



## Thirty-ninth Sunday Dinner Menu

FRESH CORN SOUP  
CHICKEN CROQUETTES  
MASHED POTATOES  
MASHED WHITE TURNIPS  
SWEET PICKLED PEARS  
DATE MUFFINS  
TOMATO SALAD, CUCUMBER DRESSING  
CHOCOLATE WALNUT PUDDING, CREAM SAUCE  
COFFEE

### Fresh Corn Soup

FROM the bones of the cooked chicken used for the Chicken Croquettes, make a chicken stock by simmering them in 2 quarts of water for 2 hours, with a small onion, a small carrot sliced, and either a stalk of celery or a little parsley. Strain and keep for this soup. Cut from the cobs sufficient sweet corn to make 4 cups, being careful not to cut so close that the tough cob gets in. Put this in the strained stock which should after cooking amount to about a quart. Cook slowly for 20 minutes, add 2 cups milk and cook for 20 minutes more, adding a tablespoon chopped onion, teaspoon salt, teaspoon sugar, and pepper to taste. Strain, then thicken with 2 tablespoons butter, 2 tablespoons flour, and sprinkle a little chopped parsley over the portions. Serve with salted crackers.

### Chicken Croquettes

HEAT in the double boiler a cup of rich milk, and when scalding hot mix with it 2 tablespoons butter,  $1\frac{1}{2}$  tablespoons flour. When thick and smooth take from fire, add teaspoon salt,  $\frac{1}{2}$  teaspoon pepper, teaspoon minced parsley, a cup of fine bread crumbs, and 2 cups of finely chopped cooked chicken, free from skin and gristle. Beat 2 eggs lightly, just enough to mix the yolks and whites, and stir in. Form into oblong rolls, or shape by pressing into a wineglass, and set in the refrigerator for 2 hours, or over night. Beat an egg with a tablespoon water. Have cracker dust on a flat platter. Roll croquettes first in egg then in cracker dust, and repeat until perfectly coated. Set aside for an hour, then fry golden brown in deep fat, using a frying basket if possible.

### Date Muffins

SIFT twice with a pint of white flour 4 teaspoons baking powder and  $\frac{1}{2}$  teaspoon salt. Mix in 2 teaspoons sugar. Beat an egg with 1 cup milk and add, also 2 tablespoons melted butter or substitute. Stir until well mixed, then stir

in 1 cup stoned and chopped dates. Have ready hot iron muffin pans in which a little lard or other shortening has been heating. The pans and shortening should be so hot that the batter begins to cook as soon as it is put in. Fill within  $\frac{1}{2}$  inch of tops of cups, and bake for 20 minutes in a moderate oven. Do not open the door once while baking.

### Sweet Pickled Pears

SELECT small solid fruit, free from worm holes. Take off blossom end, pierce several times with a fork. Make a pickle of 2 cups vinegar, 1 cup sugar, 1 teaspoon each powdered allspice, cinnamon and cloves. Boil all for 5 minutes, then put in the fruit and cook slowly until pears are tender. Seal in jars while hot.

### Tomato Salad with Cucumber Dressing

SCALD and skin tomatoes, chill, then cut in slices  $\frac{1}{4}$  inch thick. Arrange on lettuce leaves and turn over them the Cucumber Dressing made as follows:

### Cucumber Dressing

TO A CUP of Boiled Dressing add  $\frac{1}{2}$  cup whipped cream just before serving, and mix with it 1 cup peeled cucumbers which have been soaking in ice water, draining before mixing.

### Chocolate Walnut Pudding

HEAT a pint of milk in the double boiler until scalding hot. Mix together 2 tablespoons cornstarch, 1 tablespoon cocoa in powder form, 3 tablespoons granulated sugar. Wet to a smooth paste with a little hot milk, then put with the rest of the hot milk in the double boiler. Cook 5 minutes, remove from fire, when cool add teaspoon vanilla extract and  $\frac{1}{2}$  cup chopped walnut meats. Turn into little molds or egg cups, first rinsing with ice water. Fill egg cups, if the tall kind, only half full. Let stand in refrigerator until firm. It can stand all night without damage. When ready to serve turn out on glass saucers or tea plates, and serve with plain or whipped cream.

WOMAN'S WORLD BOOK OF SUNDAY DINNERS





# October

## Fortieth Sunday Dinner Menu

NAVY BEAN SOUP  
CROUTONS  
STUFFED SLICED HAM  
SWEET POTATO CROQUETTES  
WHOLE WHEAT BISCUIT  
MUSTARD ONIONS  
SPINACH MOLD  
CANDLE SALAD  
GINGERBREAD AND WHIPPED CREAM  
SWEET CIDER  
SALTED CRACKERS

### Navy Bean Soup

**S**OAK a pound navy beans over night. Put on to boil Saturday morning with 3 quarts water and  $\frac{1}{4}$  lb. lean bacon, a small onion with 2 cloves stuck in it, 1 carrot cut in strips and 1 or 2 stalks celery cut small. Cook slowly until the beans are broken up and nearly dissolved, then take out the bacon and put the rest through a sieve, forcing through as much of the vegetables as possible. Thicken soup with 2 tablespoons butter and 2 tablespoons flour. Season to taste with salt and pepper. Strain again and after cooling keep in a cold place until wanted, when reheat, strain and serve with croutons and little sweet cucumber pickles.

### Croutons

See Fourth Sunday Dinner.

### Sweet Potato Croquettes

**B**OIL and mash sufficient pared sweet potatoes to make a pint. Beat with them while hot  $\frac{1}{4}$  cup hot milk, teaspoon sugar, tablespoon melted butter, 1 well beaten egg, salt and pepper to taste. Let cool sufficiently to handle, then shape into small croquettes, flour, or coat with egg and cracker crumbs and fry light brown in any preferred shortening. Put on sieve set over plate in oven to drain off any superfluous fat.

### Stuffed Sliced Ham

**H**AVE 2 slices of ham cut, each about  $1\frac{1}{2}$  inches thick. If very salty soak for an hour. Make a bread crumb stuffing, rather dry, do not use any liquid. Season with a little summer savory if liked, or a very little minced onion. Put a thick layer of this on one slice of ham, and put the other slice on top, holding the two together with wooden skewers or toothpicks. Put in baking dish, turn

in sweet milk to cover bottom of dish, and bake for 2 hours, gently turning ham at the end of an hour, and adding more hot milk as the first cooks away. When ham is nicely browned and cooked all through lift out with 2 cake turners to a hot platter. Thicken gravy with flour, season and turn over the ham.

**Whole Wheat Biscuit** (See page 54)

**Gingerbread** (See page 53)

**Mustard Onions** (See page 64)

### Spinach Mold

**W**ASH 2 quarts spinach to serve 6 or 7 people. Wash through several waters, be sure not a grain of grit remains, then cook for 20 minutes in slightly salted water. Turn into colander and press out as much water as possible. Chop fine, drain again, put in double boiler with 2 tablespoons butter, salt and pepper to taste and a tablespoon lemon juice. Heat hot, then press into an earthenware mold, and set away until wanted, over night will do it no harm. Half an hour before serving set mold in pan of hot water, and heat in oven until spinach is hot all through. Turn out on heated platter and garnish with sliced hard-boiled egg.

### Candle Salad

**O**N EACH salad plate place some shredded lettuce. On this put a slice of canned pineapple. In the hole in the center of the pineapple slice insert the pointed end of half a banana. Put a spoonful thick mayonnaise on the top of the banana, letting it run down one side to represent melted candle wax. The candle flame is half of a Maraschino cherry, and a handle may be made for the candlestick of a strip of celery softened until pliable in hot water.



## Forty-first Sunday Dinner Menu

CREAM OF LIMA BEAN SOUP  
CHEESED AND TOASTED SALT CRACKERS  
CRUMBED CHICKEN AND GRAVY

MASHED POTATOES

LADY CABB

CRAB-APPLE JELLY  
CHIFFONADE SALAD  
SUET PUDDING  
COFFEE

### Cream of Lima Bean Soup

**A**LLOW 3 cups fresh lima beans, not too young, to 6 cups of stock, or hot water in which 3 bouillon cubes have been dissolved. Cook the beans until very soft in this, then put through a colander. Thicken with 2 tablespoons butter, 1 of flour, season with pepper and salt. Add 1 cup hot milk, bring to boil, and strain. Sprinkle with chopped parsley.

### Crumbed Chicken and Gravy

**C**UT up the chicken, which can be a fowl, into the usual pieces for serving. Beat an egg thoroughly, adding  $\frac{1}{4}$  cup milk if necessary to make enough liquid so that each piece of chicken can be dipped into it. After the egg-dip roll in fine bread crumbs seasoned with pepper and salt. Place the pieces in a roaster and almost cover with hot water. Cover closely, and roast until tender.

### Gravy

**W**HEN the chicken is done remove from roaster to hot serving platter. Many crumbs will remain in the roaster together with the rich broth. To these add 2 tablespoons flour which has been stirred until smooth in a cup of water. Cook thoroughly, seasoning with salt and pepper. Turn part over the chicken.

### Mashed Potato

See Fourth Sunday Dinner.

### Lady Cabbage

**C**HOP, not too fine, a small head of white cabbage. Soak in ice water for an hour, drain, cover with half water, half milk and cook uncovered half hour. Drain liquid, thicken it with flour and butter, season with salt and pepper, turn over cabbage and cover with buttered crumbs. Bake until browned.

### Crab-Apple Jelly

**W**ASH ripe, sound crab-apples, cut in quarters without peeling or coring. Heat slowly in kettle, adding a cup of water, and covering closely. Boil slowly until apples are cooked to pieces. Pour

into jelly bag and let drip. Use this first for the best, clear jelly. Keep what remains in bag for second grade jelly. Measure first drip, and allow for every 2 cups juice 1 lb. white sugar. Bring juice quickly to the boil, and cook for 20 minutes. Put in the sugar which has been slightly warmed in the oven, boil 5 minutes, fill jelly glasses which have been sterilized, and turn in some melted paraffine. As the jelly cools the paraffine will rise to the top and securely seal the jelly. For the second grade jelly turn a cup of boiling water to what remains in the bag, or if there is much add 2 cups. Boil for 5 minutes, strain and proceed as before, but this time the jelly bag may be squeezed to increase the drip. Measure drip, boil for 20 minutes, add sugar and boil 5 minutes. Seal.

### Chiffonade Salad

**C**HOP cold boiled beets, cut celery in 2 inch pieces, then cut into straws lengthwise, and chop a peeled cucumber. Mix together and put in cup-shaped lettuce leaves with Chiffonade Dressing.

### Chiffonade Dressing

**C**HOP and mix together 1 hard-boiled egg, teaspoon onion, tablespoon green sweet pepper, tablespoon red sweet pepper. Season with teaspoon salt,  $\frac{1}{8}$  teaspoon white pepper. Beat with  $\frac{1}{2}$  cup salad oil 4 tablespoons vinegar, or 2 of vinegar, and 2 of lemon juice. When this mixture is thick add the rest.

### Suet Pudding

**G**RIND through the food chopper  $1\frac{1}{2}$  cups sweet beef suet. Mix with 1 cup boiling water,  $\frac{1}{2}$  cup molasses or sorghum. Beat 1 egg well and add. Sift with 3 cups flour, pinch of salt, teaspoon each cinnamon and nutmeg, and a teaspoon sugar. Add to the rest. Finally stir into the batter, first dredging with flour, 1 cup chopped seeded raisins, and  $\frac{1}{2}$  cup walnut meats. Mix well, turn into mold and steam for 3 hours. Slice, and on each slice put a spoonful of whipped cream. Serve hot.





## Forty-second Sunday Dinner Menu

CREAM OF PEA SOUP  
TOAST STICKS  
ROAST BEEF WITH YORKSHIRE PUDDING  
CREAMED MACARONI  
GREEN TOMATO SOY  
WALNUT AND APPLE SALAD  
PINEAPPLE SHORTCAKE, WHIPPED CREAM  
COFFEE  
STEWED TOMATOES

**Cream of Pea Soup**  
See Fifth Sunday Dinner.

### Toast Sticks

CUT slices of bread  $\frac{1}{2}$  inch thick. Butter and sprinkle with salt. Cut into strips the length of the slice and  $\frac{1}{2}$  inch wide. Place on a tin pan, and cook under the fire, or in the oven until of a delicate brown. Serve piled log cabin fashion and warm if possible.

**Roast Beef**  
See Twelfth Sunday Dinner.

### Yorkshire Pudding

SIFT 2 cups flour with  $\frac{1}{2}$  teaspoon salt and a teaspoon baking powder. Beat 2 eggs with 2 cups milk and combine with the flour. Roast beef either in roaster or baking pan. When within half hour of being done take out  $\frac{1}{4}$  cup or more of the drippings, put these in baking pan of smaller size, heat and when very hot turn in the batter and finish baking. When beef is done cut the pudding in serving size pieces and lay around the beef so it will absorb the dish gravy as beef is being carved.

### Stewed Tomatoes

SCALD and skin ripe tomatoes. Cut in small pieces and cook for 20 minutes. Drain off most of the juice and keep for soup. Season tomatoes with pepper, salt, butter and teaspoon sugar; thicken to suit the taste with a little cracker dust. Usually 2 tablespoons cracker dust is sufficient for a quart of tomatoes. If liked a little onion juice or minced onion may be added.

### Creamed Macaroni

COOK for a family of 6, 1 package of macaroni in salted boiling water for 10 minutes. Make a white sauce of tablespoon butter and tablespoon flour cooked for 3 minutes with  $1\frac{1}{4}$  cups milk. Season with pepper and salt. Put cooked macaroni in buttered baking dish, turn

in the sauce, bake for 20 minutes or half hour in moderate oven. Grated cheese may be scattered over the top.

### Green Tomato Soy

WHEN the frost threatens the tomato vines pick off all the green ones and use in making pickles or tomato mincemeat or to fry. This advice is to women with gardens, while the others will find they can buy green tomatoes at almost their own prices from the green grocers. To make that delicious pickle known as Green Tomato Soy chop by hand 4 quarts green tomatoes after washing and cutting off the stem end; 6 medium size onions. Mix these with a pound of sugar, a tablespoon each dry mustard, ground black pepper, and salt; and  $\frac{1}{2}$  tablespoon each ground allspice and cloves. Put in the preserving kettle with a quart of cider vinegar, and cook slowly with frequent stirring until thick and the onions thoroughly cooked. Seal hot in glass jars, and do not use for a month if possible. The pickle is perfectly good the day after it is made, but its flavor increases with keeping.

### Walnut-Apple Salad

SHELL 2 dozen English walnuts, drop in boiling water for 5 minutes, then dry and chop coarsely. Mix with  $\frac{1}{2}$  pint chopped apples which have been sprinkled with lemon juice. Mix with thick boiled dressing or mayonnaise, and serve on lettuce leaves.

### Pineapple Short-Cake

USE the cake recipe given for Raspberry Short-Cake in the Thirty-Fourth Sunday Dinner. When cake is cold turn each layer bottom upward. Use shredded canned pineapple, drained of the juice, between and on top of cake, and have whipped cream as sauce. Do not ut the cream on the cake with the pineapple. Serve in spoonfuls on the portions, or pass in a glass bowl for each to help himself.



## Forty-third Sunday Dinner Menu

	GRAPE FRUIT	
	ROAST YOUNG CHICKEN	
STUFFING		GRAVY
DUCHESS POTATOES		CANNED STRING BEANS
CURRENT JELLY		CELERY
CINNAMON APPLES		NUT BREAD

COFFEE

### Grape Fruit

**S**ERVE a half for a portion. Cut out core, and pull out the tough white pith and seeds. Loosen pulp around edges, and with shears cut in pieces without removing. Lightly sugar, put in refrigerator and when serving put a Maraschino cherry on each.

### Roast Young Chicken

**W**ASH well and dry. Stuff with a mixture of white and graham bread crumbs seasoned with onion, pepper, salt, and a little summer savory. Moisten with 2 tablespoons melted butter. Cook the chicken liver, gizzard and heart for an hour, then chop fine and add to the stuffing. Rub chicken all over with lard or tried out chicken fat, and roast in a pan allowing 18 minutes to the lb. Roast without water in the pan for the first 10 minutes, then turn in a cup of hot water in which has been dissolved a tablespoon butter,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon pepper. Baste with pan liquor, adding a little more boiling water when the first boils away. Roast breast upward for the first half hour, then turn back upward and roast for another half hour. Turn up breast again and let it brown until done.

### Gravy

**T**URN off most of the grease in the baking pan, leaving just enough to cover bottom of pan. Stir with this a tablespoon flour, and cook for a minute or so, then add slowly hot water and stir.

### Duchesse Potatoes

**M**ASH freshly boiled potatoes with butter, hot milk, pepper and salt until like a thick cream. They must be beaten free from lumps. Put through the pastry tube, and carry the mixture around and around to make attractive little baskets. Brush these with yolk of egg beaten with milk, and set in oven until browned.

### Celery

**C**UT in 4 inch lengths, or leave in stalk if small, scrape clean, and keep in ice water for an hour before wanted.

### Canned String Beans

**R**INSE the beans, and if put up by the cold pack method cook until tender with a little finely chopped bacon. When tender season with pepper and salt.

### Current Jelly

**U**SE firm currants, not too ripe for the jelly. It is even better to have the fruit a little green. Wash but do not steam. Put in double boiler, and cook over boiling water until the currants burst and the seeds look white, then turn fruit and all into a jelly bag and let drip until no more comes through. What remains in the bag may have a little water added to it, brought to the boil, cooked 5 minutes, then strained, and the jelly bag squeezed. From this point on it is made the same as the first drip jelly, but will not be as clear. Measure juice, and allow for each pint of juice a pound of white sugar. Put the juice on after straining through the bag as just directed, and cook for 20 minutes, boiling all the time. When 20 minutes are up strain, and add the sugar, which should have been lightly warmed in the oven. Stir until sugar dissolves, be sure about this for it settles at the bottom. Bring to the boil, boil 3 minutes, fill the jelly glasses. Let cool, then cover with melted paraffine.

### Nut Bread

See Second Sunday Dinner.

### Cinnamon Apples

**C**ORE and peel medium size Jonathan apples. Cook peeling and cores in water to cover for 10 minutes, meantime sprinkling apples with lemon juice to prevent them discoloring. Strain water from peelings, for every cup, add  $\frac{1}{2}$  cup sugar and  $\frac{1}{2}$  dozen red cinnamon candies, the little cinnamon drops. Cook to a thick syrup, then put the apples in this, cover and bake for ten minutes in the oven. Remove cover, turn apples and bake until done. When done they will be a beautiful crimson, and the syrup will be a jelly when cold. Chill before serving with whipped cream.





# November

## Forty-fourth Sunday Dinner Menu

	SCOTCH BROTH	
	PORK CHOPS IN CASSEROLE	
	BAKED APPLES IN RAMEKINS	
TURNIPS	POTATOES	BOILED ONIONS
	LETTUCE SALAD	
WASHINGTON PIE		COFFEE

### Scotch Broth

**C**UT in small pieces 3 lbs. neck of lamb, and cook with 3 quarts of water for 4 or 5 hours, reducing the heat to just a simmer after the boiling point is reached. Strain, and cool, and when perfectly cold remove all the fat. Have soaking 4 tablespoons pearl barley, add to the stock with 4 tablespoons well washed rice, and let cook gently while preparing  $\frac{1}{2}$  cup each grated carrot, grated turnip, chopped onion and chopped celery. Add all to stock, and cook slowly for an hour and a half. Select some of the best pieces of the lean mutton cooked for the stock, cut fine and add. Season with pepper, salt and a little chopped parsley, and thicken slightly with 2 tablespoons butter and  $1\frac{1}{2}$  tablespoons flour.

### Pork Chops in Casserole

**L**OIN chops, not very fat, are best to use for this dish. Try out some of the fat trimmed from the edges, and put this in the bottom of the casserole. Flour the chops, season with salt and pepper and put in the casserole. Turn in enough water to fill to inch depth, cover and bake  $1\frac{1}{2}$  hours in slow oven, adding more hot water if necessary. Have white turnips and potatoes peeled and cut in pieces about the size of walnuts. Cook until nearly done in salted water. Drain, and when chops are done remove them to serving dish and keep hot in oven. Make a gravy of the liquor in the casserole by thickening with a little flour, add a little hot water if necessary. Put in the turnips and potatoes, boil up once, and serve the vegetables in the casserole, and the chops on a platter with a little of the gravy turned around them.

### Boiled Onions

**P**EEL white onions of uniform size, boil in slightly salted water for an hour. Drain, season with salt, white

pepper and butter, or add a little cream sauce.

### Baked Apples in Ramekins

**W**ASH and core tart apples of uniform size, one for each person. Put in ramekins, fill hollow left by core with sugar and sprinkle with cinnamon. Fill ramekins half full of water and bake for half an hour. Serve hot in ramekins with the pork, dusting tops with powdered sugar.

### Lettuce Salad

**C**UT crisp head lettuce in sections, or pull apart leaf lettuce. Place on individual plates. For the dressing add to either mayonnaise or boiled dressing a tablespoon minced onion and a pimento cut in small pieces. Beat well with a dash of paprika, and put a spoonful on each portion of lettuce.

### Washington Pie

**B**EAT 3 eggs for 1 minute, add  $1\frac{1}{2}$  cups sugar and beat 5 minutes. Add 1 cup flour measured after sifting and beat 5 minutes. Add  $\frac{1}{2}$  cup hot water, another cup of flour which has been sifted with 2 teaspoons baking powder, 1 teaspoon vanilla extract, and beat 1 minute. Bake slowly in a deep pan. Cut in squares and cover with whipped cream sweetened and flavored.

### Gingerbread

**C**REAM together  $\frac{1}{2}$  cup lard or any preferred shortening and  $\frac{1}{3}$  cup of sugar. Add 1 cup New Orleans molasses, 1 teaspoon ginger,  $\frac{1}{4}$  teaspoon salt and 1 well-beaten egg. Beat well, add 1 teaspoon soda dissolved in 1 cup boiling water. Mix with this 2 cups flour and bake in a sheet in a well greased pan in a moderate oven for 25 minutes. Cut in squares and serve with 2 tablespoons whipped cream on each square.



## Forty-fifth Sunday Dinner Menu

LOBSTER COCKTAILS  
BOILED LEG OF MUTTON  
CAPER SAUCE  
PEAS IN CARROT CUPS  
SWEET POTATO AND BANANAS  
BEET SALAD  
COLD NORWEGIAN PUDDING  
COFFEE

### Lobster Cocktails

**H**ALF pound can lobster or fresh lobster meat will make cocktails for 6 or 8. For the sauce mix 4 tablespoons tomato catsup with  $\frac{1}{2}$  teaspoon salt, teaspoon Worcestershire sauce, tablespoon horseradish, and 2 tablespoons cider vinegar or lemon juice. If hot sauces are liked add 3 drops tabasco sauce or a shake of cayenne. Mix the lobster meat with the sauce and let stand until very cold in the ice box. Serve in small glasses with an oyster fork. Little salted crackers should be served also.

### Boiled Leg of Mutton

**H**AVE the salted water boiling hard in a kettle large enough to hold the leg, and put in the meat. Boil hard for 15 minutes, then reduce the heat to a simmer, and cook in this way until done, allowing 25 minutes to the pound. Put in when the simmering begins 1 medium size carrot, turnip and onion, all sliced, a few cut up stalks of celery and a small bunch of parsley. When the meat is done put on platter in oven, and keep hot. Strain the water in which it was boiled. Take out 2 cups to make the sauce, and keep the rest for soup.

### Caper Sauce

**B**LEND 2 tablespoons butter with 2 of flour in a saucepan. Stir in slowly the water in which the mutton was cooked. When smooth add salt and pepper to taste, 2 tablespoons lemon juice and 4 tablespoons capers. Put a little of this over the mutton, and serve the rest in the gravy boat.

### Peas in Carrot Cups

**T**HESE look very pretty arranged around the leg of mutton, when the leg is carved a cup or two may be put on the service plate. Boil large carrots, after scraping, in water to which a  $\frac{1}{2}$  teaspoon salt and a teaspoon of sugar are added, these amounts being for a quart of water. When tender enough to be pierced with a skewer, drain, cut in sections and hollow out each to make a cup.

What is taken out can be used for the mutton broth at the next day dinner. In each cup put a tiny bit of butter, and fill with heated canned peas, then sprinkle with salt and pepper.

### Sweet Potato and Banana

**B**OIL, skin and mash sweet potato, adding butter, hot milk, pepper, a little salt and a little sugar. Form into a mound and make a depression in the top of this, which fill with sliced bananas; sprinkle with sugar and melted butter. Make a border, around the mound, of the bananas similarly seasoned, then set in hot oven until bananas brown.

### Beet Salad

**B**OIL beets until tender, chill, cut in slices, lay on lettuce leaves and sprinkle with French Dressing.

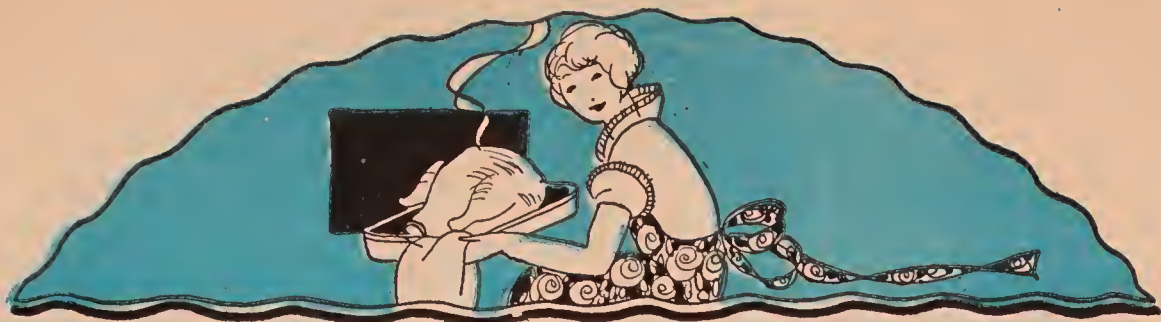
### Cold Norwegian Pudding

**S**OAK over night, after washing well, half lb. prunes. Next day cook until tender, remove stones and add  $1\frac{1}{2}$  cups of the water in which they were cooked, heating this boiling hot and adding a cup of sugar. Add a cup of walnut meats or blanched almonds, chopping either into small pieces. Add tablespoon lemon juice, teaspoon powdered cinnamon, and  $\frac{1}{2}$  cup cornstarch wet to a paste with a little of the cold prune water. Cook until pudding looks clear, which will require about 30 minutes, then chill and serve with whipped cream.

### Whole Wheat Biscuit

**S**IFT 3 cups whole wheat flour with 4 teaspoons baking powder, teaspoon salt, teaspoon sugar. Sift twice, then rub in  $\frac{1}{4}$  cup any preferred shortening, mix to a dough as for baking-powder biscuit, using all milk, or half milk, half water. About a cup will give dough of the desired consistency. Roll out as for any biscuit, and cut with a small cutter. Brush tops with melted butter or milk, and bake for 15 minutes in hot oven. Make on Saturday, reheat on Sunday. Patter the second day than the day they are made.





## Forty-sixth Sunday Dinner Menu

BAKED BEAN SOUP  
CROUTONS  
VEAL BIRDS AND GRAVY  
BAKED PEELED POTATOES  
PINEAPPLE SALAD  
CREAMED CANNED CORN  
APPLE TRIANGLES  
COFFEE  
CREAM CHEESE

### Baked Bean Soup

TO MAKE 6 portions of this soup requires a pint of home-made or canned cold baked beans. Put them in a saucepan with a pint of canned tomatoes, a small onion sliced and a pint of cold water. Cook slowly for half an hour, then press through a colander, season with celery salt and white pepper, and thicken with a tablespoon each butter and flour.

### Veal Birds (See page 19)

### Baked Peeled Potatoes

PEEL small potatoes. Rub all over with softened beef drippings, and when Veal Birds are about half done put the potatoes in the pan with them, baste with the gravy and finish cooking with the Veal Birds.

### Creamed Canned Corn

PUT the contents of a can of corn in the double boiler. Heat hot, and season with salt, pepper, a teaspoon sugar and a tablespoon butter. Stir a tablespoon flour with 4 tablespoons milk until smooth, then stir with the corn and cook until like a rich cream.

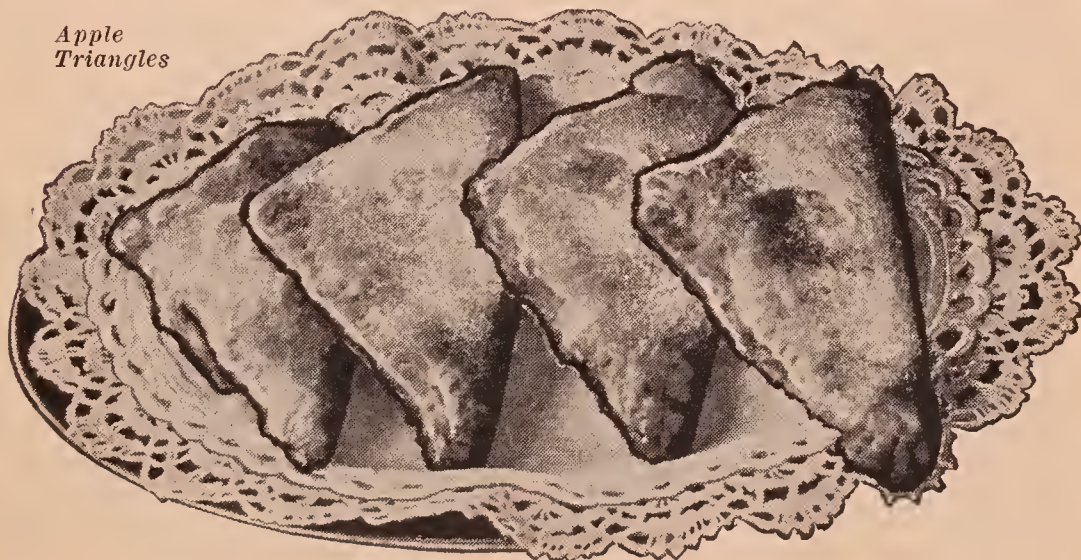
### Pineapple Salad

ARRANGE slices of canned pineapple on lettuce leaves, and fill the hole in the center with chopped walnuts and a little cheese. Make a border around the center with mayonnaise mixed with whipped cream. Serve wafers with the salad.

### Apple Triangles

SIFT 2 cups flour with  $\frac{1}{2}$  teaspoon sugar,  $\frac{1}{4}$  teaspoon salt, and chop into it  $\frac{3}{4}$  cup shortening. After chopping rub with the finger tips until all is well mixed, then wet with ice water to a dough that can be rolled. Roll, fold, and roll again. Do this 4 times in all, then roll out thin and cut in 5-inch squares. Have ready tart apple pulp chopped fine and mixed with  $\frac{1}{4}$  as much sugar as apple, and powdered cinnamon sufficient to flavor. Add a few seedless raisins. Put a spoonful of the mixture on each square, put on a few dots of butter, and fold to form a triangle. Wet edges with cold water, then press together firmly. Prick top several times, or cut slits in it with a sharp knife. Lay in a shallow pan, do not grease pan, and bake until brown. Serve hot with cream cheese laid on top.

Apple  
Triangles





## Forty-seventh Sunday Dinner Menu

DUCHESSE SOUP  
 LOIN OF PORK, ROASTED WITH APPLES AND SWEET POTATOES  
 STEAMED HUBBARD SQUASH  
 CELERY  
 STEAMED BOSTON BROWN BREAD  
 CANNED PEACH AND CHERRY CAKE  
 COFFEE

### Duchesse Soup

THE value of soup is that it helps save the roast for a second day serving. Duchesse Soup is quickly made and delicious. For 6 or 7 portions chop 2 good sized onions after peeling, and cook until tender in 3 cups water. Put through sieve, add 3 cups milk, 2 tablespoons butter creamed with  $1\frac{1}{2}$  tablespoons flour, cook until smooth, season with pepper, celery salt and a shake of powdered mace. When ready to serve add 3 tablespoons grated sharp cheese.

### Loin of Pork, Roasted with Apples and Sweet Potatoes

RUB a 5 or 6 lb. loin of pork with flour seasoned with salt and pepper, put in roaster, and cook in hot oven for 1 hour. Open roaster and put around the pork raw sweet potatoes, peeled. If large cut in quarters. Put around also small tart apples, well washed and cored but not peeled. Finish baking pork, when the apples and potatoes will be done also. Make a brown gravy of the liquid in the pan, turning off most of the grease before stirring in the flour. Serve pork on a large platter, with a double border of the apples and potatoes. White potatoes may be used instead of sweet.

### Steamed Hubbard Squash

WASH, peel and cut up a good sized Hubbard squash, removing the seeds. Place in the upper part of the double boiler with 1 teaspoon vinegar, 1 teaspoon sugar, 1 teaspoon salt, 2 tablespoons butter and  $\frac{1}{4}$  teaspoon pepper. Steam 1 hour, and if very dry add a little cream. Mash fine.

### Steamed Boston Brown Bread

SIFT together 2 cups each yellow corn-meal, white flour and Graham flour. Sift twice, then turn over them 2 cups boiling water, and stir with a spoon until well wet. Heat to lukewarm the 2 cups sweet milk and add to it a teaspoon each salt and soda, and 1 cup molasses. Stir slowly with the wet flour, etc., and when all is in beat hard for 10 minutes.

Grease a round mold which has a tight-fitting cover. A coffee can will do, provided it is large enough to permit the mixture to swell. Cover tightly, weigh down the can in a kettle of boiling water, and boil steadily for 3 hours, then uncover, set mold in shallow pan of hot water, and dry off in a hot oven for 20 to 30 minutes. Seedless raisins about  $\frac{1}{2}$  cup make a nice addition to this bread, and should be beaten in just before batter is turned into the can.

### Canned Peach and Cherry Cake

SIFT 3 times 4 cups flour with 3 teaspoons baking powder, teaspoon salt and tablespoon sugar. Rub in  $\frac{1}{2}$  cup any preferred shortening, and mix to a soft dough with  $1\frac{1}{2}$  cups milk. Turn out on floured board and knead just enough to give an even surface. Roll out, and line a greased biscuit tin, making dough about  $\frac{1}{2}$  inch thick. Press into this, after brushing it with melted butter, the halves of canned peaches, hollow side up, as close together as they can be put. Sprinkle with granulated sugar, then put in each peach a canned or Maraschino cherry. Pour 2 tablespoons of the cherry juice around the peaches, and bake for 15 minutes with a tin laid over the top, then remove tin and bake until brown. Serve hot or cold with plain cream.

### Lettuce and Cucumbers

PREPARE lettuce, pare cucumbers and slice thin. Put both to chill in ice water, adding a piece of ice. When ready to serve shake off the moisture. Make a nest of the lettuce leaves, put cucumber slices with Thousand Island Dressing on top.

### Sliced Tomatoes and Cucumbers

PREPARE small cucumbers, do not slice until almost ready to serve. Put to soak in cold water for an hour. Skin tomatoes after dropping in boiling water, and put to chill. When ready slice tomatoes and make a ring on individual plates. In the center put sliced cucumbers and Vinaigrette Dressing.





## Forty-eighth Sunday Dinner Menu

FRUIT COCKTAIL		
ROAST GOOSE		
APPLE-PRUNE SAUCE		STUFFED OLIVES
GLACE SWEET POTATOES	DUCHESSE POTATOES	CREAMED CELERY
BUTTERED PARKER HOUSE ROLLS		
HEAD LETTUCE SALAD		CHEESE STRAWS
BRICK ICE CREAM	LADY BALTIMORE CAKE	
COFFEE		
SALTED ALMONDS	AFTER DINNER MINTS	

### Fruit Cocktail

USE  $\frac{1}{2}$  grapefruit for each portion, take out pulp, remove seeds and pith. Add for every 2 grapefruit (4 portions) the pulp of 1 orange and a dozen skinned and seeded white grapes. Put fruit in a mold which has a close cover. Sprinkle with lemon juice—1 lemon to 4 grapefruit—powdered sugar and a shake of cayenne or paprika. Put mold in ice compartment of refrigerator until ready to serve. Keep grapefruit skins in ice water. When ready drain and dry skins, fill with the ice-cold fruit, and put in a little of the juice, beating well before adding.

### Roast Goose

SELECT a young goose, weighing 8 or 10 lbs. Scrub well with hot water to which a little washing soda has been added, then rinse well and dry outside and in. Make a stuffing of freshly boiled and mashed potatoes, seasoning with salt, pepper, powdered sage and a very little onion. Stuff but do not pack. Sew up, truss, then put in steamer and steam for an hour to sweat off the excessive fat and make the meat more tender. Some cooks parboil a goose for half an hour before wiping dry and stuffing. Then rub all over with flour seasoned with pepper and salt, and roast, putting  $1\frac{1}{2}$  cups boiling water in the pan. Roast 20 minutes to the pound for a young goose, and 30 minutes to the pound if doubtful of its tenderness. Remove from pan to platter when done, turn off all the grease and after stirring in the flour for thickening let it fry a minute or so to get brown before adding the water.

### Apple-Prune Sauce

VERY often small apples are cored but not peeled, and baked at the same time as the goose but not with it, then served in a border about it. For Apple-Prune Sauce core and peel tart apples, put in baking pan, no water, cover, and

bake with occasional stirring until they are soft enough to mash. Put a cup of cooked prunes through a sieve, and add to 2 cups of the hot apple sauce, beating in  $\frac{1}{2}$  cup sugar and  $\frac{1}{4}$  teaspoon cinnamon. Serve cold with the goose.

### Duchesse Potatoes

See Forty-Third Sunday Dinner.

### Creamed Celery

CLEAN outside stalks and white leaves of a head of celery, cut in small pieces and cook until tender in 3 cups water. Scald a slice of onion in 2 cups milk in a double boiler. Rub celery when soft through a sieve. Blend 3 tablespoons cornstarch with 3 tablespoons butter, cook for a few minutes until well blended, gradually add the milk, strained, and the celery, season with celery salt and pepper.

**Glaze Sweet Potatoes** (See page 38)  
**Cheese Straaws and After-Dinner Mints**  
(See page 63)

### Lady Baltimore Cake

SIFT  $1\frac{1}{2}$  cups granulated sugar and cream  $\frac{1}{2}$  cup butter, then cream the two together. Sift 3 cups pastry flour with 3 teaspoons baking powder 3 times and measure. After creaming butter and sugar add  $\frac{1}{3}$  cup cold water and a cup of flour and beat thoroughly. Add 2d cup flour and beat thoroughly. Then add 3d cup flour and  $\frac{2}{3}$  cup water, also  $\frac{1}{2}$  teaspoon each almond and vanilla extract and beat again. Last of all fold in the well beaten whites of 4 eggs, with which has been beaten a small pinch of salt. Bake in 3 layers.

### Icing for Lady Baltimore Cake

COOK 1 cup sugar,  $\frac{1}{2}$  cup water until the syrup will spin a thread, then pour slowly over the well beaten whites of 2 eggs, and gradually beat in 1 cup mixed chopped figs, walnuts or pecan meats and Maraschino cherries. Spread between and on top of cake.



# December

## Forty-ninth Sunday Dinner Menu

BOILED RICE

BOILED CHICKEN  
EGG AND PARSLEY SAUCE  
MASHED CARROTS  
WALDORF SALAD  
DATE MUFFINS  
ORANGE PUDDING  
COFFEE

ESCALLOPED TOMATOES

### Boiled Chicken

A FAT fowl may be used for this, for a young chicken would be flavorless. Wash well, wipe inside and out with clean towel, truss but do not stuff. Sew in a large napkin or piece of cheesecloth, so that it can be easily lifted out when done without breaking apart. Put in a pot of boiling salted water deep enough to entirely cover the fowl, and add a tablespoon of vinegar. After putting chicken in the water bring back very slowly to the boil, and simmer, allowing 20 minutes to the pound. If liked, a  $\frac{1}{2}$  pound fat salt pork may be cooked with the chicken, and sliced thin when done. When chicken is done, take off napkin, set on hot platter in oven, and make the Egg Sauce of part of the stock. Put a few spoonfuls over the chicken, garnish with the thin slices of boiled pork and parsley. Send remainder of the sauce separate in sauce boat.

### Egg and Parsley Sauce

THICKEN  $1\frac{1}{2}$  cups of the water in which the chicken was boiled with 2 tablespoons butter,  $1\frac{1}{2}$  tablespoons flour, season with salt and pepper. Have ready 1 hard-boiled egg, chopped, add this to the gravy, and take from fire. Stir in slowly 1 well-beaten raw egg, and put back on fire for a minute. Take from fire and stir in tablespoon minced parsley.

### Boiled Rice

WASH well a cup of rice. Have ready 2 quarts boiling water to which has been added 2 teaspoons salt. Drop in the rice, a little at a time so as not to stop the boiling. Boil for 20 minutes, drain, rinse the rice with boiling water, and set uncovered in oven to dry off for a few minutes. The rice may be used as a border to the chicken or served alone.

### Mashed Carrots

SCRAPE, rinse and boil until very tender carrots cut in small pieces. When tender enough to mash easily, drain, mash

with tablespoon butter, teaspoon sugar, salt and pepper to taste. Beat with a fork until light or put through ricer.

### Date Muffins

USE recipe in Thirty-Ninth Sunday Dinner, or the following: Sift 4 teaspoons baking powder with 2 cups flour. Cream  $\frac{1}{4}$  cup butter with  $\frac{1}{4}$  cup sugar, beat with the mixture 1 egg, add the flour alternating with  $\frac{3}{4}$  cup milk. Stone as many dates as there are muffins. Drop a date on top of each muffin before baking. Bake 25 minutes in moderate oven.

### Orange Pudding

COVER 1 cup bread crumbs with 1 pint milk and let stand until milk is absorbed, then add  $\frac{1}{2}$  cup sugar, the yolk of 1 egg, and the grated rind of an orange. Turn into buttered baking dish and bake for 1 hour in moderate oven. Remove from oven, turn over pudding the strained juice of 1 orange, and a meringue made of the egg white beaten with 3 tablespoons confectioners' sugar. Return to oven to brown the meringue.

Escalloped Tomatoes (See page 40)

### Hard Sauce

CREAM  $\frac{1}{4}$  cup butter or substitute until it is really like thick cream, then work into it a cup of powdered sugar, and a teaspoon of cream or evaporated milk. When very light, work in a  $\frac{1}{4}$  teaspoon nutmeg. Instead of nutmeg a teaspoon of any preferred extract may be used.

### Canned Pear Salad

DRAIN the juice from canned pears, chill and arrange on heart leaves of lettuce. Fill hollow in center with a mixture of walnut or pecan meats and a little cream cheese. Make a garnish of canned pimento cut in strips, and sprinkle with a French dressing, using lemon juice instead of vinegar, and adding a teaspoon of sugar. Serve very cold.

WOMAN'S WORLD BOOK OF SUNDAY DINNERS





## *Fiftieth Sunday Dinner Menu*

SHRIMP COCKTAIL,  
 PRESSED COLD CORNED BEEF  
 CREAMED MASHED POTATOES  
 CHILI SAUCE  
 CANNED PEAR SALAD  
 BAKED APPLE DUMPLINGS, HARD SAUCE  
 COFFEE  
 PEAS AND CARROTS

### **Shrimp Cocktails**

**SEE** Forty-fifth Sunday Dinner, using  $\frac{1}{2}$  pound shelled shrimp, canned or freshly boiled, instead of lobster meat. Break shrimp into  $\frac{1}{2}$  inch pieces.

### **Chili Sauce**

**SCALD** the skin from 12 large ripe tomatoes. Peel 4 large onions, and remove the seeds from 2 large green sweet peppers. Chop the 3 vegetables fine, using chopping bowl and hand knife. Put in kettle with 4 cups cider vinegar,  $\frac{1}{4}$  cup sugar, tablespoon salt, 2 teaspoons each powdered cinnamon, cloves and allspice, and 1 teaspoon powdered ginger. Cook slowly until very thick, stirring frequently. The cooking will require about 2 hours. Let cool, put in wide mouthed bottles or small jars, and seal.

### **Pressed Cold Corned Beef**

**GET** a solid piece of beef for this, either the rump or the brisket. Soak over night, then on Saturday rinse well, and either sew it in a piece of muslin, or have it skewered securely so it will retain a good shape after boiling. Put in kettle, cover with cold water, and add a sliced turnip, sliced carrot, sliced onion, and a few chopped stalks of celery. Bring to the boil, then simmer until thoroughly done. It will require from 4 to 5 hours

to cook a 6-pound piece of meat, and to cook less is not economy, as it can be used in so many ways. Do not let the water do more than just gently ripple. Boiling will make the beef tough. Let it cool in the water in which it is boiled, and when cold take out, put on one plate with another plate on top weighed down with flat irons, or bricks wrapped in waxed paper. Keep it pressed all night.

### **Creamed Mashed Potatoes**

See Cream Potatoes, page 15.

### **Peas and Carrots**

See Seventeenth Sunday Dinner

### **Hard Sauce**

(See page 58)

### **Baked Apple Dumplings**

**MAKE** paste as for Apple Triangles in Forty-sixth Sunday Dinner. Roll thin, and cut in 6-inch squares. In the center of each put the pared and cored half of a tart apple, hollow side up. Fill hollow with sugar and cinnamon, and add a dot of butter. Fold the pastry ends over to cover the apple, and wet edges so that they will stick when pressed together firmly. Set close in buttered pan, folded side down, in  $\frac{1}{4}$  cup boiling water and sprinkle top with sugar. Bake with several basting until of a rich brown. Serve hot with Hard Sauce, or with cream. Decorate with apple jelly.

*Canned Pear  
 Salad with  
 Nut Meats*



*Recipe for  
 making on  
 page 58*



## *Fifty-first Sunday Dinner Menu*

CHICKEN BAKED IN BROWN GRAVY  
 MASHED SWEET POTATOES  
 CARROT SWEET PICKLES  
 STUFFED EGG SALAD WITH CHEESE STICKS  
 GRAPE JUICE SHERBET  
 COFFEE  
 CREAMED CANNED STRING BEANS  
 HOME-MADE APPLE JELLY  
 ROCK CAKES

### **Carrot Sweet Pickles**

**SCRAPE** and rinse carrots, then cut in pieces the size of small gherkins. Cook until tender in slightly salted water. Make a syrup by boiling together for 10 minutes 1 cup water, 1 cup cider vinegar and 3 cups sugar, cooking with these 2 sticks cinnamon broken in small pieces, and a tablespoon whole cloves, the spices being tied in a small muslin bag. When syrup is sufficiently thick, put in the well-drained carrots and cook until tender, then put in jars and seal hot after removing spice bag.

### **Chicken Baked in Brown Gravy**

**CLEAN** and cut up the chicken, which can be an old fowl. Wash, drain and wipe with a clean towel. Put in large baking pan, cover with cold water, and add 2 teaspoons salt, 1 small sliced onion, and pepper to suit the taste. Bring slowly to the boil in the oven, then thicken by mixing 4 tablespoons flour with cup of cold water. Stir until smooth before adding to gravy, then stir gravy until smooth. Continue cooking until chicken is browned on both sides.

### **Stuffed Egg Salad**

**BOIL** eggs for 20 minutes, let them cool in the water in which they were boiled. Remove shells when cold, cut a piece off the larger end and take out yolk with salt spoon. Mix yolk with a little minced cold cooked ham or tongue, and a little minced celery, then moisten with mayonnaise and put back in the white. There will be some left over. Mix this with the mayonnaise, and after turning stuffed eggs with the opening down, on lettuce leaves, pipe through the pastry tube the mayonnaise around and on top, and add a bit of canned pimento for color.

### **Grape Juice Sherbet**

**BOIL** 2 cups sugar with 3 cups water for 20 minutes, strain and cool. When ready to make the sherbet add 2 cups grape juice and 1 cup each lemon juice and orange juice. Freeze, using 1 part salt, 3 parts crushed ice.

### **Cheese Sticks**

See Cheese Straws on page 63.

### **Mashed Sweet Potatoes**

See Sweet-Potato Fluff on page 14.

### **Creamed Canned String Beans**

See Fourteenth Sunday Dinner.

### **Apple Jelly**

**WHEN** making apple sauce or apple pies wash the apples well, put parings and cores in kettle with water to cover and cook to a soft mash. Strain and for every cup of juice allow 2 cups sugar. Cook juice for 20 minutes before adding the sugar. After sugar is in boil 3 minutes, turn into glasses and cover with paraffine.

### **Rock Cakes**

**THESE** are most delicious little cakes, and the recipe makes a large quantity, as they keep well. Cream 2 cups sugar with 1 cup butter or substitute. When smoothly blended beat with the mixture 2 eggs, one at a time. Sift with 3 cups flour 3 teaspoons baking powder, a small pinch salt, a teaspoon each cinnamon and nutmeg, and  $\frac{1}{4}$  teaspoon allspice. Add the first mixture, alternating spoonfuls of the flour with spoonfuls of milk, using in all  $\frac{3}{4}$  cup of milk. Mix in 1 cup seeded or seedless raisins, 1 cup chopped maraschino or candied cherries, 1 cup walnut meats chopped fine,  $\frac{1}{2}$  cup candied pineapple, and  $\frac{1}{4}$  cup chopped citron or candied lemon peel. Mix well. The result is a very stiff dough. Drop by small teaspoons on a buttered tin, and bake 15 to 20 minutes.

### **Christmas Hard Sauce for Plum Pudding in 52d Dinner**

**ROLL** and sift a cup of powdered sugar until absolutely free from lumps. Beat it, a little at a time, with  $\frac{1}{2}$  cup butter. Add the well beaten white of an egg. Divide sauce into 2 portions. Color 1 deep pink with either currant jelly beaten with it, or a few drops of vegetable coloring, and the other half green with a few drops of vegetable coloring.





## Fifty-second Sunday Dinner Menu

*A Red and Green Menu*

OLIVES	CELERY	SALTED PEANUTS
	FRUIT CUP	
	ROAST TURKEY	
MASHED POTATOES	OYSTER DRESSING	
	CARROTS AND PEAS IN PATTY SHELLS	
	CRANBERRY JELLY SALAD	
	PARKER HOUSE ROLLS	
MINCE PIE	VEGETABLE PLUM PUDDING	
XMAS CAKES	RED AND GREEN MINTS	
	COFFEE	

### Fruit Cup

CUT fine grapefruit in half, remove pulp, mix with halved and seeded red and green grapes (California and Malaga), sprinkle with powdered sugar and chill. Serve in sherbet glasses with a red cherry on the top of each.

### Roast Turkey

A TURKEY is prepared for roasting the same as a chicken, and after being stuffed and trussed, rub all over with butter or lard, then dredge with flour seasoned with pepper and salt. Allow 15 minutes to the pound if it is a young turkey, or 20 to 25 for an older bird. Put 2 cups hot water in baking pan, and baste every 20 minutes with a cup of hot water in which has been dissolved a tablespoon of butter, with pepper and salt to taste. If breast browns too quickly tip a pie tin over it. Have the oven at moderate heat for the baking should be slow and steady so as not to dry up the skin before the inner part is thoroughly done. Rubbing with fat will give the turkey a beautiful brown color. When ready to serve have prepared 2 long metal skewers with cranberries run on them, and run these in each side of the turkey so they form spearlike decorations with feathered tips of celery between.

### Mashed Potatoes

USE the recipe given in the Fourth Sunday Dinner, adding the egg yolk as directed.

**Carrots and Peas in Patty Shells,  
Cranberry Jelly Salad, Xmas Cakes  
and Red and Green Mints**

(Recipes on page 63)

### Oyster Dressing

MAKE an ordinary bread crumb stuffing for the turkey, using finely crumbled white bread, seasoned with salt, pepper and summer savory or sweet mar-

joram to taste, then moisten with melted butter, no water. Use this stuffing for the body, but for the breast add 2 dozen finely chopped oysters, fresh or canned.

### Mince Pie

COOK slowly until tender 3 pounds round of beef, then chop fine. Shred or chop 1 pound suet and mix with the meat. The suet is not to be cooked. Measure and add twice as much chopped tart apples which have been washed, pared and cored; 3 lbs. seeded raisins, 3 lb. well picked over currants, 1 lb. candied orange peel chopped fine, 1 oz. each powdered mace, cloves and allspice, 2 oz. powdered cinnamon, 1 grated nutmeg, 2 quarts New Orleans molasses, 2 quarts sweet cider, 2 cups sugar, 1 large glass currant jelly. Cook all slowly with frequent stirring for 2 hours. Let cool and add 2 cups grape juice.

### Vegetable Plum Pudding

THIS is one of the most delicious and digestible puddings, and inexpensive as well. It can be made and reheated when wanted or for a second day dessert. For it grate sufficient scraped and well washed raw carrot to make  $\frac{1}{2}$  pint, same quantity of grated white potato, same quantity of chopped beef suet, same quantity chopped English walnut meats. Mix 2 cups flour with 1 cup sugar, teaspoon salt, teaspoon each powdered cinnamon and soda, and  $\frac{1}{2}$  teaspoon powdered cloves. Add the vegetables, and a cup of seeded raisins to the flour, mix well. Stir in finally 2 beaten eggs, and turn into a greased mold. Allow room to swell, cover top with greased paper, wedge down cover tightly so no water can get in, and put in kettle of boiling water. Boil steadily for 3 hours, adding more boiling water as the first cooks away. Serve hot with Christmas Hard Sauce. (See recipe on preceding page).

WOMAN'S WORLD BOOK OF SUNDAY DINNERS



## *Hints on Dinner Combinations*

WITH a heavy dinner serve a light soup, such as consommé or bouillon, or substitute for soup a shellfish or fruit cocktail, or serve grapefruit or a small glass of iced fruit juice. With a light dinner serve a puree or cream soup.

Toasted crackers, croutons, toast fingers or cheese sticks should be served with soup, or thin bread and butter sandwiches. A glass or China bowl of small size filled with grated cheese may be passed with the soup. This is very nice with consommé, bouillon or clear tomato soup, any of these should be served so hot that the cheese begins to melt as soon as it is sprinkled on.

With raw oysters, or clams, or with a shellfish cocktail serve small salted crackers, tomato catsup, or little sour gherkins or celery. Little sandwiches of Graham, whole wheat or rye bread, lightly buttered and the crusts trimmed off can be served, and sometimes these have a light spread of horseradish or tomato catsup between. With shellfish served raw, plain or in a cocktail provide a lemon quarter for each portion.

With fish, fried, broiled or baked, serve boiled, mashed, French fried, baked or creamed potatoes, but always some kind of white potatoes. Serve also a green vegetable, as string beans, tomatoes baked, scalloped or stewed, peas or asparagus, and a green salad, lettuce, cole slaw or cucumbers. If a dry form of potatoes, such as mashed, baked, boiled or French fried is used, have a moist second vegetable as stewed tomatoes, creamed asparagus, or creamed string beans, brussels sprouts, buttered peas a dry second vegetable as plain string beans, brussels sprouts, buttered peas etc. A dish that is a combination of cereal and vegetable and is excellent with fish, no second vegetable required to accompany it, is Italian spaghetti or macaroni, with peppers, tomatoes and onions cooked with it.

With roast beef serve mashed, browned or boiled potatoes, or sweet potatoes in some form, and string beans, lima beans, spinach, creamed onions, carrots, green corn in season, tomatoes, baked, scalloped or stewed, asparagus, brussels sprouts or peas.

With steak serve French fried, creamed, baked or mashed potatoes, stewed mushrooms, baked tomatoes, scalloped car-

ned tomatoes, green corn on the cob or in a pudding, or succotash.

With pot roast have boiled potatoes, boiled carrots, boiled turnips, boiled beets, creamed cauliflower, creamed cabbage or string beans.

With roast veal serve rice, peas or potatoes, or lima beans and browned potatoes, spinach or cauliflower.

With veal cutlets or veal chops serve tomatoes in some way, rice or mashed potatoes, or peas and creamed potatoes, or asparagus and glacé sweet potatoes.

With roast spring lamb serve peas, mashed potatoes, asparagus, string beans, spinach or creamed cauliflower. Spring turnips creamed, or spring carrots creamed may also be used, and boiled rice or rice croquettes may be substituted for potatoes.

With lamb or mutton chops serve French fried potatoes, creamed potatoes, baked white or sweet potatoes, peas, string beans, tomatoes cooked in any preferred way, and later in the year green corn scalloped.

With boiled mutton serve mashed potatoes, glacé or baked sweet potatoes, mashed turnips, boiled and buttered carrots, brussels sprouts, boiled rice or rice croquettes, buttered peas, string beans, lima beans or brussels sprouts.

With roast pork serve baked apples, browned potatoes, mashed potatoes, baked or glacé sweet potatoes, boiled cabbage, spinach, brussels sprouts, string beans, boiled beets, scalloped tomatoes, baked pumpkin or Hubbard squash.

With roast or boiled ham serve mashed potatoes, glacé or baked sweet potatoes, cabbage, spinach, brussels sprouts, corn pudding, string beans, or macaroni baked with cheese but nothing else.

With roast chicken serve mashed potatoes, glacé or mashed sweet potatoes, peas, string beans, corn pudding or scalloped corn, creamed cauliflower, asparagus, creamed carrots or spinach.

With fried chicken serve corn fritters, corn pudding, mashed or creamed potatoes, candied sweet potatoes, peas, string beans, asparagus, lima beans.

With roast duck serve baked, mashed, candied or glacé sweet potatoes, peas string beans, creamed cauliflower, brussels sprouts, spinach, mashed white potatoes, hominy fritters, rice fritters, boiled onions.





## *Additional Recipes*

### **Xmas Cakes**

**C**REAM 1 cup butter or substitute with 2 of sugar, then beat with the mixture 4 eggs, beating in 1 at a time. Sift 3 cups flour with 2 teaspoons baking powder and add, alternating with a cup of milk, and  $\frac{1}{2}$  cup well cleaned currants, added a few at a time. When well mixed, flavor with  $\frac{1}{2}$  teaspoon each lemon and vanilla extract, and bake in very small cup cake tins, greased with lard or clarified drippings, not butter. Tip out on a sieve when done, and when cool ice with a Fondant Icing.

### **Fondant Icing**

**C**OOK very slowly a lb. granulated sugar and  $\frac{1}{2}$  cup water until a little dropped from the tip of a spoon spins a hair. Let cool to the lukewarmth, then stir steadily, always in the one direction, add little by little a teaspoon almond extract. When creamy spread quickly on the little cakes. With candied or Maraschino cherries cut in strips, make a poinsettia flower on each.

### **Red and Green Mints**

**P**UT  $1\frac{1}{2}$  tablespoons gelatine to soak in  $\frac{2}{3}$  cup cold water for 10 minutes. Cook 2 cups sugar with  $\frac{2}{3}$  cup water until mixture begins to bubble, then take from fire, stir in the softened gelatine, and stir until it has perfectly dissolved. Return to fire and cook slowly for 20 minutes. Take from fire, add 2 tablespoons lemon juice, a teaspoon peppermint extract, or a few drops oil of spearmint, and divide in 2 portions. To 1 of these add a few drops red vegetable coloring, and to the other a few drops of green vegetable coloring. Turn to inch depth into 2 shallow tins, and set in cold place until firm. Turn out onto breadboard sprinkled with powdered sugar and cut into inch cubes. Roll in the sugar and keep cold.

### **After-Dinner Mints**

**B**OIL 2 cups sugar,  $\frac{1}{3}$  cup boiling water and  $\frac{1}{4}$  cup molasses until a little dropped in cold water snaps brittle. Pour out on a greased platter and when cool enough to handle pull until very light colored, pulling into it  $\frac{1}{4}$  teaspoon spearmint oil. Pull into long strips, cut into inch lengths and dust powdered sugar.

### **Filling for Rhubarb Pie**

**C**UT off green tops and the root ends of rhubarb, and put in cold water for an hour before using to stiffen up the stalks. If it is strawberry rhubarb or the tender early green kind, do not skin, but be sure to skin the tough thick sort. Cut in inch pieces, sufficient to make 3 cups. Cover with boiling water and let stand for 10 minutes if old, but only 5 minutes for the tender sort. Drain well, mix with  $1\frac{1}{2}$  cups sugar, 1 tablespoon cornstarch, and a few grains salt, put in the paste-lined pie plate, and add lattice strips.

### **Carrots and Peas in Patty Shells**

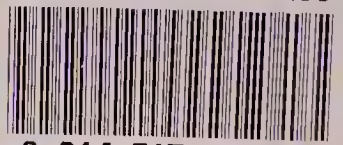
**M**AKE the shells of pie paste when making the mince pie. Press the crust over the outside of little fluted patty cake tins, and do not try to remove until perfectly cold. Prepare the peas and carrots as in Seventeenth Sunday Dinner.

### **Cranberry Jelly Salad**

**A**S THERE is no sauce served with the turkey serve this salad with the roast instead of a separate course. Wash fine sound cranberries, a quart should make sufficient for 6 or 8 portions. Put on in white enamel saucepan, with a cup of cold water, and cook for 10 minutes, counting from the time boiling begins. Mash when soft, strain, and for the juice from a quart of berries allow 2 cups sugar. Put back in saucepan and cook for 10 minutes, or until a little jellies when cold. If in doubt as to its jellying add teaspoon gelatine which has been softened in a little cold water, and stir until perfectly dissolved. Let jelly cool and when it is beginning to set stir into it  $\frac{1}{2}$  cup chopped English walnut meats, then turn into small cups or molds wet with ice water and chill over night. When ready to serve unmold on green lettuce leaves, and make a border around each mold of mayonnaise or boiled dressing.

### **Cheese Straws**

**W**HEN making pies roll thin any remaining crust, sprinkle plentifully with grated cheese and dust with paprika. Fold, press edges together, roll out, add grated cheese and paprika as before. Do this 3 times, then cut in long narrow strips and bake a light brown.



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## *Additional Recipes*

### **Boiled Potatoes**

**P**ARE and soak in cold water for an hour before cooking. Have salted water boiling, and put the potatoes in one by one, so as not to stop the boiling any longer than can be helped. The time depends upon the size of the potato and upon the kind of potato it is. Usually 30 minutes will be sufficient, but the test is to pierce it with a steel fork. If it goes in, take the potatoes out. Put in colander over boiling water, cover with a napkin for a few minutes to absorb the moisture, then sprinkle lightly with parsley and a little salt.

### **Pickles**

**T**HIS is a good recipe. Try it when cucumbers are here again. Cut up 7 lbs. cucumbers, any size, and soak in strong brine over night. Next day soak in cold water to remove the salty taste. Cover with weak vinegar to which 2 tablespoons alum have been added. This is to make the pickles firm. Cook for about three-quarters of an hour. Drain out, pack in jars while hot, and cover with the following syrup, also hot: 2 pints vinegar, 3 lbs., sugar, 1 oz. celery seed, 1 oz. whole allspice, 1 oz. stick cinnamon broken in small pieces.

### **Creamed Carrots**

**W**ASH thoroughly, scrub with the vegetable brush 4 or 5 medium size carrots. Drop into boiling water, boil for a few minutes until the skins are tender enough to scrape off easily with a knife. Put into fresh boiling water to continue cooking. Carrots may be cooked whole or sliced, but in either case save the water for sauce. For the sauce melt 2 tablespoons of butter, stir with it 2 tablespoons flour, and add 1 cup liquid, the water from the carrots and hot milk, half a cup of each. Stir until sauce is thick. Add carrots sliced, or cut in strips and again in half, and cook 2 or 3 minutes.

### **Tomato Aspic Salad**

**A**DD to 1 quart can tomatoes, which have been heated to the boiling point and strained, 1 teaspoon salt, 1 tablespoon powdered sugar, and 2-3 package of gelatine which has been softened for 10 minutes in a  $\frac{1}{2}$  cup cold water. Stir until dissolved. Mix with the liquid 1 cup chopped celery,  $\frac{1}{2}$  cup chopped Eng-

lish walnuts, and a few stuffed olives, thinly sliced. Turn into a small mold wet with ice water and chill. Serve on lettuce leaves, garnish with mayonnaise and 3 or 4 ripe olives.

### **Mustard Onions**

**U**SE for these very small white onions. Cook together 1 quart vinegar, 1 quart water, 1 lb. brown sugar. If vinegar is mild the water may be omitted and another quart vinegar used. Mix 1 cup flour, 3 tablespoons dry mustard, 1 tablespoon tumeric, and wet to a paste with a little of the vinegar. Stir into the liquid and cook until the sauce begins to thicken, then add 3 quarts of the small onions which have been skinned, measure after skinning, and cook for 10 minutes longer. Bottle while hot, and be sure to fill full of the sauce after packing in the onions. Run a table knife inside each jar, down by the side, to let any air bubbles rise, and put in more sauce if necessary.

### **Corn on the Cob**

**G**ET if possible the short thick ears of sweet corn. Do not husk until almost ready to boil. Rub off the silk after husking, using a stiff towel. Have water boiling. If corn is not very sweet put  $\frac{1}{2}$  cup sugar to a  $\frac{1}{2}$  gallon water. Drop in corn; if young, cook not more than 15 minutes. If very young and fresh 8 or 10 minutes will be sufficient. Serve hot on a napkin with the ends folded over.

### **Country Fried Potatoes**

**P**ARE potatoes, and boil in salted water until tender. Slice thinly, and fry to a golden brown in bacon fat or any preferred shortening. Pepper and salt while frying.

### **Cucumber Dressing**

**T**O A CUP of Boiled Dressing add  $\frac{1}{2}$  cup whipped cream just before serving, and mix with it 1 cup peeled cucumbers which have been soaking in ice water, draining before mixing.

### **Sliced Tomatoes and Mayonnaise**

**S**KIN firm tomatoes by dropping in boiling water for a few seconds, then in cold, when the skin will strip off easily. Put in refrigerator to chill for several hours or over night. Cut in slices, not too thin, and arrange on 2 lettuce leaves for an individual portion, and put a spoonful of ice-cold mayonnaise on top.